PREVENTION

IN

ACTION

---

a Bibliography of RESEARCH, PROGRAMS and

RESOURCES in Substance Abuse Prevention

ALCOHOL AND DRUG PROGRAMS
MINISTRY OF LABOUR
AND CONSUMER SERVICES

Canadian Cataloguing in Publication Date

Mangham, Colin R. (Colin Richard), 1950 -
Prevention in action

"TRY, the responsibility is yours."
Written by Colin R. Mangham and Lesley Sherlock.
Cf. p.
ISBN 0-7718-8996-8

1. Substance abuse - Prevention - Bibliography.
2. Substance abuse - Bibliography. I. Sherlock, Leslie.
II. British Columbia, Alcohol and Drug Programs. III. Title.

27164.S9M36 1991 016.36229'17 C91-092057-5

Copyright ©Alcohol and Drug Programs 1991

91-06171/

Developed by:

Alcohol-Drug Education Service
#302 - 96 East Broadway
Vancouver, B.C. V5T 1V6

Project Director, Concept and Writing: Colin R. Mangham, PhD.
Consultant
Health Promotion Research and Development

Research and Writing: Lesley Sherlock, M.S.W.
Alcohol-Drug Education Service

Data Entry and Word Processing: Ann Sprearbrecker
Pat Truant
Alcohol-Drug Education Service

TABLE OF CONTENTS

INTRODUCTION 1

Using Research: The Value of a Knowledge Base 1

How to use *Prevention in Action* 2

ARTICLES, BOOKS and REPORTS 4

Factors in Drug Usage 5

Policy Issues 12

Alcohol Advertising 12

Alcohol Availability 14

Drinking Age 21

Prevention Models and Strategies 23

Community-based Strategies 23

Impaired-driving Strategies 28

Parents and Parenting Strategies 29

Mass Media Strategies 32

School-based Strategies 34

Smoking Strategies 39

Theories and Models in Prevention 41

General Health Promotion 49

Program Evaluation 56

Bibliographies and Guides 66

PROGRAMS and other RESOURCES 73

School-based Programs 74

Elementary School Programs 75

Secondary School Programs 93

Parenting and Adult Training Programs 103

Community-based Programs for Youth 114

Audio-visual and Print Resources 119

INTRODUCTION

Prevention in Action has been prepared as a practical resource for individuals and groups working to prevent substance abuse problems. It arises from an awareness on the part of B.C. Alcohol and Drug Programs of the vast amount of prevention and health promotion research programs and other resources which exist and of the need to facilitate an awareness of these resources among workers in the field.

Looking for articles, programs, or resources can be a laborious process — one which is becoming more and more difficult as the number of publications and resources increases. Research trends can be difficult to follow, especially when day-to-day necessities of implementing programs seem to leave little time for reading and reflection. Yet for our efforts to be effective, we must be up-to-date on what research says about prevention, and need to be aware of the resources available to us. Otherwise we may miss important information, may "reinvent the wheel" unnecessarily, or may miss out on effective resources which could enhance our efforts.

Prevention in Action is an attempt to provide an easy-to-use bibliography of research, programs, and other resources in substance abuse prevention. It provides a cross-section of articles, books and reports, and provides a fairly comprehensive list of programs available in Canada. You may find that useful articles or resources have been missed. This simply reflects the fact that so much material is available. ***Prevention in Action*** is intended to be a fluid resource which will be changed and updated from time to time.

Using Research: The Value of a Knowledge Base

With the current emphasis in health promotion on community mobilization as an anchoring strategy, it can be easy to become so embroiled in the *process* of prevention that we overlook building a strong knowledge base and developing strategies which take into account what is known about "what works and doesn't work".

Granted, a lot of the material on theory and research is written in an abstract form that at first glance may seem incomprehensible. But forging a strong knowledge base in prevention before selecting, using, or developing prevention strategies can pay great dividends. First, it can help us see prevention in the "big picture", where we can relate our efforts to a broader, more comprehensive effort to change individual or societal behaviours and norms. We can envision our program as designed to accomplish particular objectives and can give a sound rationale for seeking to reach those goals.

Second, if we have a knowledge base we can converse more effectively with others in the field and can better formulate ideas about the most appropriate strategies for the community or target population we are seeking to reach.

Finally, if we have a firm knowledge of prevention research and principles, and of successful strategies, we are more likely to implement efforts which have a greater impact. While prevention has never had the luxury of carte-blanche funding, at times in our hurry to be out "doing" we have not attended properly to program effectiveness. Increasingly, we will need to be able to demonstrate clearly the rationale of our efforts, and in concrete terms, what impacts could be expected. A firm knowledge can contribute to the cost-benefit of our efforts.

To put it in a few words, while there may be a temptation to jump to the second section of ***Prevention in Action*** and look at programs and resources, our time would be well spent perusing the first section on research and background information to ensure a strong foundation for program selection and implementation. Each sub-section contains abstracts of research articles, reviews, guides and books, bringing together knowledge in the many facets of prevention and health promotion.

How to use *Prevention in Action*

Prevention in Action is laid out in two major divisions. The first, on white paper, contains published and unpublished articles, books and reports in a variety of topic areas, ranging from availability of substances to factors in drug use to prevention models and strategies. Sub-headings are used to break down the wide range of headings into specific content areas. While the range of sub-headings is not exhaustive, we think they will help readers locate information more easily. The entries are listed alphabetically by author within each sub-heading. A short abstract is included for each entry to help the reader get an idea of what the material contains. Some items appear under more than one heading. Be sure to check all headings relating to the topic area you are researching.

For readers who do not live near a university or other library providing journals and books, most local libraries will find and obtain material for patrons through inter-library loan. Government reports are also generally available free, or at low cost, from the level of government producing the report. We have provided a list of government and other organizations at the end of ***Prevention in Action***. Before ordering materials from the source, readers may wish to check with B.C. Alcohol and Drug Programs' Library to see if the program is available locally.

For the convenience of readers, certain entries are marked with an asterisk (*). These are key entries which the compilers feel would be of particular value to those trying to get a general grasp of prevention principles and concepts.

The second major section of ***Prevention in Action***, on the coloured pages, lists various school and community programs, as well as other audiovisual or print resources. Entries are alphabetical by title within sub-headings. Information is provided describing the resource and

where to obtain it. The target group, production date, and developing agency are also provided. Where possible, the cost of materials has been included. For material from the United States, figures are in U.S. funds.

The colour code for the *Programs - Other Resources* Section is as follows:

School-Based Programs	Yellow
Parenting and Adult Training Programs	Blue
Community-based Programs for Youth	Green
Audiovisual and Print Resources (videos, pamphlets, periodicals)	Buff

We hope you find ***Prevention in Action*** a useful resource.

ARTICLES,

BOOKS

and

REPORTS

FACTORS IN DRUG USAGE

BARNES, G.M., FARRELL, M.P., & CAIRNS, A. (1986). Parental socialization factors and adolescent drinking behaviour. Journal of Marriage and the Family, 48(2), 27-36.

A longitudinal study of the onset of drinking among adolescents. The onset of drinking was linked to parent and peer drinking, and attitudes toward alcohol. Three groups emerged: abstainers, experimentors, and regular users.

BROOK, J.S., WHITEMAN, M., GORDON, AS., NOMURA, C., & BROOK, D.W. (1986). Onset of adolescent drinking: A longitudinal study of intrapersonal and interpersonal antecedents. Advances in Alcohol and Substance Abuse, 5(3), 91-110.

A study linking parental support for drinking with the amount of alcohol consumption among a sample of adolescents. Adolescents from homes with parental support for drinking drank more than adolescents from homes where parents disapproved of alcohol use by adolescents.

BROWN, P.M., & SKIFFINGTON, E.W. (1987). Patterns of marijuana and alcohol use attitudes for Pennsylvania 11th graders. International Journal of the Addictions, 22, 567-573.

A statewide study of attitudes among high school students. Attitudes strongly predicted category of use, with abstainers being most negative in their attitudes toward use.

DEAKIN, S. & COHEN, E. (1986). Alcohol attitudes and behaviours of freshmen and their parents. Journal of College Student Personnel, 27 (6), 490-495.

The implications of family patterns and values to developing effective alcohol education programs for college students are examined. Alcohol attitudes and behaviours modelled by parents of incoming freshmen, parental attitudes toward student drinking, parental knowledge of student drinking and student drinking patterns are explored.

DOWNS, W.R.C. (1987). A panel study of normative structure, adolescent alcohol use and peer alcohol use. Journal of Studies on Alcohol, 48, 167-175.

A study identifying peer alcohol use as the most significant predictor of adolescent drinking.

FORNEY, M.A., FORNEY, P.D. & RIPLEY, W.K. (1989). predictor variables of adolescent drinking. Advances in Alcohol and Substance Abuse, 8(2), 97-108.

Describes a correlational study to determine socio-cultural and psycho-social variables associated with adolescent drinking behavior in students in grades 6, 8, 10 and 12. Moderate to heavy drinkers were more likely to be white males who knew more about alcohol, had more liberal attitudes toward alcohol use, friends who drank, and who began drinking at an earlier age. The two strongest predictors were peer behavior and attitudes toward alcohol.

***HAWKINS, J.D., LISHNER, D.M., CATALANO, R.F., & HOWARD, M.O. (1985). Childhood predictors of adolescent substance abuse: Toward an empirically grounded theory. Journal of Children in contemporary Society, 12, 11-48**

An analysis of risk factors in adolescent substance abuse. Identifies, from the available research, twelve key predictors of substance abuse.

***JEANNERET, O. (Ed.). (1983). Alcohol and Youth. Switzerland: S. Karger.**

Contains several articles related to the factors influencing alcohol abuse among youth.

***JESSOR, R., & JESSOR, S.H. (1975). Adolescent development and the onset of drinking. Journal of Studies on Alcohol, 36, 25-51.**

An important longitudinal study of the onset of drinking. Adolescents were followed over a four year period and given a variety of psychometric tests. Many attributes were identified which either insulated subjects from onset of drinking, or were correlated with early onset.

***KANDEL, D.B. (1982) Epidemiological and psycho-social perspective on adolescent drug use. Journal of the American Academy of Child Psychiatry, 21, 328-347.**

A thorough review of the various factors determined by research to be associated with substance use patterns.

KROHN, M.D., AKERS, R.L. RADOSEVICH, M.J. & LANZAKADUCE, L. (1982). Norm qualities and adolescent drinking and drug behaviour: the effects of norm quality and reference group on using and abusing alcohol and marijuana. Journal of Drug Issues, 12, 343-359.

Examines the relationship between "normative climate" and substance use. Three climates are identified: proscriptive, prescriptive, and permissive.

LORCH, B.R. & HUGHES, R.H (1985). Religion and youth substance use. Journal of Religion and Health, 24, 197-208.

A study of the relationship between religiosity and drinking. Church membership and attendance were associated with reduced alcohol use. Members of proscriptive religions (discouraging use) were more likely to be abstainers.

***LEGGE, C. (1988). Alcohol use/abuse from an adolescent perspective: Considerations for prevention programming. Unpublished masters thesis, University of British Columbia.**

An exploratory study examining alcohol use/abuse from an adolescent perspective. Three issues were explored in focus group interviews with grade 8, 10 and 12 students: how and whether adolescents define their drinking behaviour as a social problem; what adolescents perceive as negative consequences and benefits of their use and what adolescents consider to be key influences on their drinking/nondrinking behaviour. Implications for prevention programming are drawn.

LOPEZ, J.M., REDONDO, L.M. & MARTIN, A.L. (1989). Influence of family and peer group on the use of drugs by adolescents. International Journal of the Addictions, 24(11), 1065-1082.

Describes results of a study of the effect of family and peer group variables on drug use by male adolescents. Drug consumption patterns of both parents and peers affected male adolescents' drug use patterns. Adolescent drug users reported less affectionate family relationships, greater parental drug consumption, more contact with drug-taking peers and greater identification with and participation in unconventional groups and activities.

MADDAHIAN, E., NEWCOMBE, M.D. & BENTLER, P.M. (1988). Risk factors for substance abuse: Ethnic differences among adolescents. Journal of Substance Abuse, 1, 11-23.

An examination of ethnic differences in substance ause among U.S. adolescents. Asian subjects showed the least substance use, Caucasian subjects had the highest consumption.

MANGHAM, C. (1989). Adolescent Abstainers From Alcohol: Longitudinal Follow-up and Cross-sectional Comparisons. Unpublished doctoral dissertation, University of Oregon. Dissertation Abstracts International file number not available at printing.

A longitudinal study of adolescents in two B.C. Lower Mainland school districts. Examined the reasons for non-use and factors in the onset and continuance of drinking among a sample of students while in grade 9, and again in grade 12. Produced many findings relating to the relationship between ethnicity and drinking, consumption patterns, age of onset and frequency of drinking, perceptions of pressures to drink and predictors of abstinence as compared with early or late onset of drinking.

MANGHAM, C.R. (1985). Reasons for not drinking and pressures to drink among adolescent abstainers. Unpublished masters thesis, The University of British Columbia, Vancouver, B.C.

The first stage of a longitudinal study of the onset of drinking (see Mangham, 1989). Examines reasons for abstinence and pressures to drink felt by a sample of teenaged abstainers in the B.C. Lower Mainland.

MITIC, W.R., McGUIRE, D.P. & NEUMANN, B. (1987). Adolescent Inhalant Use and Perceived Stress. Journal of Drug Education, 17(2), 113-121.

Describes a study comparing students who inhale solvents with those who do not. Abstainers experienced less stress than users. Authors recommend that stress management be incorporated into drug education programs.

***NATIONAL INSTITUTE ON DRUG ABUSE (1981). Adolescent peer pressure: theory, correlates and program implications for drug abuse prevention. Washington, DC: U.S. Department of Health and Human Services.**

Contains articles on the nature of peer pressure and programs aimed at helping adolescents deal with it.

NEEDLE, R., McCUBBIN, H., WILSON, R., LASAR, A., & MEDERER, H. (1986). Interpersonal influences in adolescent drug use - the role of older siblings, parents, and peers. International Journal of the Addictions. 21, 739-766.

A correlational study examining the relationship of drinking patterns with the behaviour and attitudes of siblings, parents, and friends.

PISANO, S. & ROONEY, J. (1988). Children's changing attitudes regarding alcohol: A cross-sectional study. Journal of Drug Education, 18 (1), 1-11.

Results of a questionnaire about alcohol and drugs administered to intermediate students indicated that sixth graders scored significantly higher in terms of conformity to peer pressure and holding positive attitudes toward the use of drugs and alcohol. Results bear on drug and alcohol education curriculum planning.

SCHLEGAL, R., & SANDBORNE, M. (1979). Religious affiliation and adolescent drinking. Journal of Studies on Alcohol, 40, 693-703.

A study correlating religiosity and drinking among adolescents in Eastern Canada. Subjects professing personal religiosity were likely to drink least; subjects professing no religiosity had the highest connsumption patterns.

SKAGER, R. & FISHER, D.G. (1989). Substance use among high school students in relation to school characteristics. Addictive Behaviors, 14, 129-138.

Describes research relating current substance use by grade 11 students to characteristics of high schools. 44 California high schools were clustered into three groups based on socio-economic status, ethnic make up, achievement scores and other factors. Frequency of use, polydrug use and age of first alcohol use differed significantly between clusters.

SMART, R.G. (1980). The new drinkers: Teenage use and abuse of alcohol. Toronto: Addiction Research Foundation

Discusses adolescent drinking from a Canadian perspective.

THIER, H.D. (1985). Teenagers and beginning smoking. In G. Campbell (Ed.), New Directions in Health Education, (pp. 45-50). Philadelphia: Falmer Press.

Examines how status and role relate to early onset of smoking. Results of the "Risk and Youth: Smoking" project are used to define beginning and regular smoking.

THOMPSON, K. & WILSNACK, R. (1987). Parental influence on adolescent drinking: Modelling, attitudes, or conflict? Youth & Society, 19(1), 22-43.

A correlational study of the influence of parental drinking, parental attitudes and parent-adolescent conflict on children's drinking patterns over time. Ethnicity and gender were also examined. The most important factor which emerged was parent-child conflict. Parental modelling appeared to encourage adolescents to begin drinking and also had important delayed effects on how they drank. Ethnicity affected alcohol consumption independently of parental influences.

WILKS, J. CALLAN, V.J. & AUSTIN, D.A. (1989). Parent, peer and personal determinants of adolescent drinking. British Journal of Addiction, 84, 619-630.

Describes results of a study explaining direct and indirect influences of parents and peers on adolescent drinking. Different effects emerged for males and females. For males, the strongest predictors were their perceptions of their parents' drinking and their father's actual drinking. For females, perceptions of their best friend's drinking and their friend's normative standards were the strongest predictors of alcohol use.

YEE, B.W.K. & NGUYEN, D.T. (1983). Correlates of drug use and abuse among Indo-Chinese refugees: Mental health implications. Journal of Psychoactive Drugs, 19(1): 77-83.

Examines interrelationships between a number of predictors of mental illness and substance abuse among Indo-Chinese refugees. Findings indicate that adjustment and mental health problems combined with a lack of social and institutional support may be among the principle reasons that refugees turn to alcohol and other drugs.

POLICY ISSUES

Alcohol Advertising

AITKEN, P.P. (1989). Alcohol advertising in developing countries. British Journal of Addiction, 84, 1443-1445.

Discusses the relationship between alcohol advertising and increasing alcohol consumption in developing countries. Researchers in Lesotho suggest that increased consumption by groups who did not previously drink, notably young people and women, may be attributable to alcohol advertising. Suggests that further research be conducted on alcohol advertising and consumption by youth in developing countries.

***ATKIN, C.K., HOCKING, J., & BLOCK, M. (1984). Teenage drinking: Does advertising make a difference? Journal of Communication, 34, 157-167.**

Reports a large study of the impact of advertising which suggests that, while advertising may not be directly linked to consumption patterns, it contributes significantly to the socialization of young people toward drinking.

BREED, W., & DEFOE, J. (1981). The portrayal of the drinking process on prime-time television. Journal of Communication, 31, 58-67.

This study, though dated, illuminates the portrayal of alcohol in television programming. In the study, alcohol was consumed more than all other beverages combined, and was portrayed as popular, harmless, conducive of a good time, and an effective method of reducing stress.

BROWN, R.A. (1978). Educating young people about alcohol use in New Zealand: Whose side are we on? British Journal of Alcohol and Alcoholism, 13: 199-204.

This article describes experimental research in which subjects' alcohol consumption was monitored following exposure to alcohol advertising. Subjects' degree of consumption was found to increase following exposure.

ENGS, R.C. (1989). Do warning labels on alcoholic beverages deter alcohol abuse? Journal of School Health, 59(3), 116-118.

A brief review of research on health warning labels. The author poses several questions for future research.

FRANKENA, M., COHEN, M., DANIEL, T., EHRLICH, L., GREENSPAN, N. & KELMAN, O. (1985). Alcohol advertising, consumption and abuse. In staff (Ed.), Recommendations of the Staff of the Federal Trade Commission: Omnibus Petition for Regulation of Unfair and Deceptive Alcoholic Beverage Marketing Practices, Docket No. 209-46, Washington, D.C.: Federal Trade Commission.

The authors reviewed research on the effects of brand-specific advertising on overall alcohol consumption. Effects were found in only one of five studies. Four studies were also reviewed in which subjects from the U.S., Canada and New Zealand were tested for the effects of alcohol advertising on alcohol consumption immediately following. Again, only one study reported an effect.

GODREY, C. (1986). Government policy, advertising and tobacco consumption in the U.K.: A critical review. British Journal of the Addictions, 83(3), 339-346.

A review of research which has been used to either promote or oppose a complete ban on tobacco advertising in the U.K.

KOHN, P.M. & SMART, R.G. (1984). The impact of television advertising on alcohol consumption: An experiment. Journal of Studies on Alcohol, 45, 295-301.

This article describes research in which subjects were exposed to alcohol advertising and subsequent alcohol consumption was measured. No effects were reported.

KOHN, P.M., SMART, T.G. & OGBORNE, A.C. (1984). Effects of two kinds of alcohol advertising on subsequent consumption. Journal of Advertising, 13: 34-40.

This article describes experimental research in which subjects were exposed to two kinds of alcohol advertising and their subsequent consumption was monitored. No effect was reported.

McCARTY, D. & EWING, J. (1983). Alcohol consumption while viewing alcoholic beverage advertising. International Journal of the Addictions, 18: 1011-1018.

In this experimental research, subjects were exposed to alcohol advertising and alcohol consumption during the viewing was monitored. No effects were reported.

OGBORNE, A.C. & SMART, R.G. (1980). Will restrictions on alcohol advertising reduce alcohol consumption? British Journal of the Addictions, 75: 293-296.

This study assesses the effect of a 1974 ban on beer advertising in Manitoba on consumption, contrasting rates with another province. No decrease in consumption was reported. Results are inconclusive.

***SHEPPARD, M.A. & LOCKHART, D. (1988). Alcohol advertising on television: Should we be worried? International Journal of Addictions, 23, 429-432.**

Reviews the failure of research to-date to convincingly show an adverse impact of advertising on consumption patterns. Makes recommendations based on the discussion.

Alcohol Availability

BABOR, T.F. (1985). Alcohol, economics and the ecological fallacy: Toward an integration of experimental and quasi-experimental research. In E. Single and T. Storm (Eds.), Proceedings of a Symposium on Observation Studies. Held at Banff, Alberta, 26-28 April 1984. Toronto: Addiction Research Foundation.

Reviews studies on the effect of economic availability of alcohol and individual consumption of alcohol. Samples included alcoholics, casual and heavy male drinkers, and male college students. Results indicate that the cost of alcohol negatively effected total consumption for all groups studies.

BESHAI, N. (1989). The association between alcohol availability and mortality: Its significance to the prevention of alcohol problems. Journal of Alcohol and Drug Education, 34(2).

Describes research demonstrating an association between alcohol availability and mortality. The relationship appears strongest for those 60-64 years old and is significantly stronger for males. The effect decreases with increasing poverty. The authors suggest that the research warrants action to limit the availability of alcohol.

***BRUUN, K., EDWARDS, G., LUMIO, M., MAKELA, K., PAN, L., POPHAM, E., ROOM, R., SCHMIDT, W., SKOG, O., SULKANEN, P., & OSTERBERG, E. (1975). Alcohol control policies in public health perspective. Helsinki: Aurasen Kirjapaino**

This book reviews and analyzes the distribution of consumption model linking alcohol consumption and problems to the overall availability of alcohol. Argues for stronger alcohol control policies.

COOK, P.J. (1981). The effect of liquor taxes on drinking, cirrhosis and auto accidents. In M.H. Moore and D.R. Gerstein (Eds.), Alcohol and Public Policy: Beyond the Shadow of Prohibition (pp 255-285). Washington, D.C.: National Academy Press.

Explores the effect of increased liquor taxes on consumption. A before/after, quasi-experimental design was used. Findings revealed that 30 out of 39 states raising liquor taxes experienced a decrease in alcohol consumption. Cook concludes that liquor pricing does impact consumption and subsequent health problems.

COOK, P.J. & TAUCHEN, G. (1982). The effect of liquor taxes on heavy drinking. Bell Journal of Economics, 13: 379-390.

This study used econometric analysis to estimate the effect of liquor tax increases in 30 states. Liquor consumption was found to decrease in the year that taxes were raised.

***DRAPER, R.A. (1985). Trends in alcohol policy in Canada. Health Promotion, 24 (2), 7-9.**

Describes the trend toward relaxation of alcohols controls over the past 40 years in Canada. Discusses the evolution of policy, availability, age of purchase, price policy, marketing practices, and alcohol policy in context.

GIESBRECHT, N. & CONROY, G. (1987). Options in developing community action against alcohol problems. In H.D. Holder (Ed.) Control issues in alcohol abuse prevention: Strategies for states and communities. (pp. 315-335), Advances in Substance Abuse, Suppl. 1.

Discusses community action against alcohol problems in three main sections. First, constraints on policy and action are discussed; second, a range of options are presented and the applicability of availability theory is discussed; and third, an action plan is offered.

GIESBRECHT, N. & COX. A.E. (1986). Prevention: Alcohol and the environment - issues,contingencies and strategies. Toronto: Addiction Research Foundation.

Papers presented at a symposium held in Toronto which addresses research applications in developing strategies and policies to reduce or prevent alcohol problems.

GLIKSMAN, L. & RUSH, B. (1986). Alcohol availability, alcohol consumption and alcohol-related damage. II. The role of socio-demographic factors. Journal of Studies on Alcohol, 47: 11-18.

See Rush, et al (1986).

GRANT, M. (Ed.). (1985). Alcohol Policies. World Health Organization Regional Publications, European Series No. 18. Copenhagen: WHO Regional Office for Europe.

Presents an integrated approach to policy formulation. Proposes stages of development in formulation. Proposes stages of development in formulating national policy that respects both economic and public health concerns.

HOADLEY, J.F., FUCHS, B.C. & HOLDER, H.D. (1984). The effect of alcohol beverage restrictions on consumption: A 25-year longitudinal analysis. American Journal of Drug Alcohol Abuse, 10: 375-401.

This study examines the effect of availability on liquor consumption at the state level. Consumption was found to be marginally lower in states where alcohol was more expensive and

was sold by state-owned retail outlets for off-premises consumption. In contrast, billboard advertising restrictions were associated with higher consumption.

HOLDER, M.D. (1988). A review of research opportunities and issues in the regulation of alcohol availability. Contemporary Drug Problems, Spring, 47-66.

A review of research on alcohol availability. Topics include availability, alcohol use and related problems; alcohol policy measures (minimum age and retail price); advertising; and enforcement and compliance.

MacDONALD, S. (1986). The impact of increased availability of wine in grocery stores on consumption: Four case histories. British Journal of the Addictions, 81: 381-387.

Study tracking changes in per capita wine sales from 1961-1978 in four states. Wine consumption increased where the price declined but not in the one state where price was not changed, implying that economic availability had a greater effect on consumption than physical availability.

MacDONALD, S. & WHITEHEAD, P. (1983). Availability of outlets and consumption of alcohol beverages. Journal of Drug Issues, 13: 477-486.

This article reviews research on the availability of alcohol retail outlets and per capita alcohol consumption. Authors conclude that a substantial increase in availability is accompanied by increased consumption.

***MOORE, M.H. & GERSTEIN, D.R. (1981). Alcohol and public policy: Beyond the shadowof prohibition. Panel on Alternative Policies Affecting the Prevention of Alcohol Abuse and Alcoholism. Washington: National Academy Press.**

Contains reports of a panel assembled by the NIAAA to conduct an inquiry into alcohol abuse prevention policies and their effectiveness. Includes seven studies commissioned by the panel. Topics addressed include current alcohol policies, regulating supply, shaping drinking practices and reducing environmental risk.

***MOSKOWITZ, J.M. (1989). The primary prevention of alcohol problems: A critical review of the research literature. Journal of Studies on Alcohol, 50 (1), 54-88.**

Moskowitz critically reviews research about primary prevention, organized into four main categories: (1) policies, (2) formal social controls, (3) primary prevention programs and (4) environmental safety measures. The effectiveness of three policies are generally supported: raising the legal drinking age to 21, increasing alcohol taxes and greater enforcement of drinking-driving laws.

ORNSTEIN, S.I. (1980). Control of alcohol consumption through price increases. Journal of Studies on Alcohol, 41: 807-818.

This article reviews research conducted on the relationship between price increases and alcohol consumption. Liquor consumption appears to be more price-sensitive than beer or wine consumption.

ORNSTEIN, S.I. & HANNSENS, D.M. (1985). Alcohol control laws and the consumption of distilled spirits and beer. Journal of Consumer Research, 12: 200-213.

This state-level study explores the effect of availability on alcohol consumption by examining historical data. Consumption was found to be lower in states where alcohol was more costly and sales were monopolized by state-owned stores selling alcohol for off-premises consumption. Billboard advertising restrictions were associated with greater alcohol consumption. Less beer was consumed in states with a higher minimum age and in states with fewer on-premises liquor outlets.

ORNSTEIN, S.I. & LEVY, D. (1983). Price and income elasticities of demand for alcoholic beverages. In M. Galanter (Ed.), Recent Advances in Alcoholism, Vol. I (pp 303-345). New York: Plenum Press.

This article reviews research examining the relationship between price increases and rate of alcohol consumption. Studies indicate that liquor consumption is more affected by price than beer or wine consumption.

PEELE, S. (1987). The limitations of control-of-supply models for explaining and preventing alcoholism and drug addiction. Journal of Studies on alcohol, 48(1), 61-77.

Argues that supply control policies will never significantly reduce substance abuse, backed by research from the United States and other countries. Historical background is also provided.

PERKINS, H.W. & BERKOWITZ, A.D. (1989). Stability and contradiction in collegestudents' drinking following a drinking-age law change. Journal of Alcohol and Drug Education, 35(1).

A comparison of college students' drinking behavior and related issues before and after the minimum legal drinking age changed from 18 to 19 in New York State. Students under 19 were not affected by the change in terms of their consumption rates, attitudes to alcohol use, reasons for use and negative consequences of use.

***ROOM, R. (1984). Alcohol control and public health. Annual Review of Public Health, 5, 293-317.**

A review of empirical studies on the effects of alcohol controls confined to studies involving measurement over time. Draws some general conclusions about alcohol controls and their effects based on this literature.

RUSH, B.R., GLIKSMAN, L. & BROOK, R. (1986). Alcohol availability, alcohol consumption and alcohol-related damage. I. The distribution of consumption model. Journal of Studies on Alcohol, 47(1), 1-10.

The relationships among physical availability, consumption and alcohol-related morbidity and mortality are examined for 49 countries, based on data gathered between 1974 and 1978.

RUSH, B. & GLICKSMAN, L. (1986). The distribution of consumption approach to the prevention of alcohol-related damage: An overview of relevant research and current issues. Advances in Alcohol and Substance Abuse, 5(4), 9-32.

A review of the literature on the availability of alcohol as a prevention strategy designed to reduce demand.

***SINGLE, E. (1987). The control of public drinking: The impact of the environment on alcohol problems. Advances in Substance Abuse, Suppl. 1, 219-232.**

Discussion of alcohol control has not adequately explored situational determinants of drinking behaviour and related problems. Reviews studies of public drinking behaviour, focusing on the role public drinking plays in the development of alcohol-related problems, the functions of public drinking establishments, situational determinants of alcohol consumption and related problems, and the role of servers.

***SINGLE, E. & STORM, T. (Eds.). (1985) Public Drinking and Public Policy. Toronto: Addiction Research Foundation.**

Symposium proceedings focusing on situational determinants of drinking behavior and related problems occurring in public settings.

***SINGLE, E.W. (1988). The availability theory of alcohol-related problems. In C.D. Chaudron & D.A. Wilkinson (Eds.), Theories on alcoholism, pp. 325-348. Toronto: Addiction Research Foundation.**

Provides an overview of availability theory and related research. Includes practical implications and future directions for research and policy.

SMART, R.G. & ADLAF, E.M. (1986). Banning happy hours: The impact on drinking and impaired driving charges in Ontario, Canada. Journal of Studies on Alcohol, 47(3), 256-258.

Research conducted on the impact of banning happy hours in Ontario taverns indicated that no significant differences resulted in consumption or retail sales of alcohol.

SMART, R.G. & CUTLER, R.E. (1976). The alcohol advertising ban in British Columbia: Problems and effects on beverage consumption. British Journal of the Addictions, 71: 13-21.

This study contrasted alcohol consumption in British Columbia where alcohol advertising was banned in 1971 with another province. No evidence of decreased consumption was found. Results are inconclusive.

SMITH, D.I. (1989). Effectiveness of restrictions on availability as a means of preventing alcohol-related problems. Contemporary Drug Problems, Winter, 627-669.

A review of research on the effectiveness of restricted availability as an alcohol prevention strategy. Findings suggest that, when laws restricting availability are liberalized, alcohol consumption and related problems increase; when laws are tightened, the reverse occurs.

WESTERMEYER, J. (1989). National and international strategies to control drug abuse. Advances in Alcohol and Substance Abuse, 8(2), 1- .

Discusses international issues contributing to the perpetuation of drug abuse and addresses debate between attacking production outside the U.S. and attempts to reduce domestic consumption.

Drinking Age

GONZALEZ, G.M. (1990). Effects of drinking age on reduced consumption of alcohol reported by college students: 1981-1986. The Journal of Drug Issues, 67-73.

College students visiting Daytona Beach, Florida between 1981 and 1986 showed a significant decrease in reported alcohol consumption. Assumption that decrease was affected by laws implemented in 30 states in this period which raised the legal drinking age was not supported statistically.

MOUCHEL, W., WILLIAMS, A, & ZADOR, P. (1987). Raising the alcohol purchase age: Its effects on fatal motor vehicle crashes in 26 states. Journal of Studies on Alcohol, Supplement No. 10, pp. 129-143.

In analyzing automobile fatalities in 26 states raising the minimum drinking age to 21 between 1975 and 1984, the researchers in this study found a 13% reduction in nightime fatal crashes among the affected age group, following the increase in drinking age.

WAGENAAR, A.C. (1983). Alcohol, Young Drivers, and Traffic Accidents: Affect of Minimum Age Laws. Lexington, Mass: Lexington Books.

Reviews changes in U.S. drinking age laws in which through the 1970s ages were lowered. Then in the early 1980s, states began to raise the minimum age back to 21. Generally, traffic accidents involving 18-20 year olds increased when the age was lowered, and decreased when the minimum age was returned to 21.

WAGENAAR, A.C. (1982) Preventing highway crashes by raising the legal minimum age for drinking: A confirmation. Journal of Safety Research. 13:57-71.

This study found that when the drinking age in Michigan was raised to 21, from 18, accidents involving 18-20 year olds decreased significantly.

SMITH, R.A. HINGSON, R., MORELOCK, S., HEERERO, T., MUCATEL, M., MANGIONE, T., & SCOTCH, H. (1984). Legislation raising the legal drinking age in Massachussetts from 18 to 20; affect on 16 and 17 year olds. Journal of Studies on Alcohol. 45:534-539.

A study of effects of changes in drinking laws. When the minimum drinking age was raised, Massachussets youth became more likely to drink at parties, and less likely to bring their own liquor or to drink in bars or cars.

PREVENTION MODELS AND STRATEGIES

Community-based Strategies

***BENARD, B. (1988) An Overview of Community-Based Prevention. Paper presented at National Prevention Network First National Conference, March 26-30, 1988. Illinois Prevention Resource Center, 901 S. Second Street, Springfield, Illinois 62704.**

Outlines and describes the author's conception of community-wide health promotion. Discusses importance of comprehensiveness, collaboration, and development process in developing community-based prevention.

BELL, R. (1988). Using the concept of risk to plan drug use intervention programs. Journal of Drug Education, 18(2), 135.

Proposes that prevention programs must target high-risk groups in order to be successful. Presents a two-step, multi-level, multivariate analysis strategy to estimate high-risk groups in high-risk geographic areas.

BERDIANSKY, H., et al. (1988). Drug education: Cooperation between school and community. Elementary School Guidance and Counselling, 23 (2), 133-138.

Describes the Drug Action Prevention Program, a cooperative effort between the community and an urban public school system based on a cognitive-behaviourial approach. Discusses primary and secondary prevention for students as well as counsellor/teacher training.

CATLIN, G. (1988). Guidelines for Community-Based Health Promotion Surveys. Ottawa: Minister of Supply and Service.

Report commissioned by the Health Promotion Directorate to provide guidelines to conducting health promotion surveys on smaller jurisdictions such as municipalities, health districts, cities, etc. Step-by-step guidelines are provided on how to conduct the survey and implement the questionnaire.

CORTI, B., BINNS, C.W., HOWAT, P.A. & TEMPLE, D.B. (1988). Alcohol problem prevention programmes: Which women should we target and how can we reach them? Paper for presentation at the Twentieth Annual Scientific Conference of the Public Health Association of Australia and New Zealand, August 28-31, 1988, Brisbane, Queensland. Brisbane: National Centre for Research into the Prevention of Drug Abuse.

Describes study undertaken to investigate drinking patterns of women living in Perth and to identify specific target groups. Explores the advantages of targeting subgroups and suggests four female target groups for alcohol prevention programmes. Risk taking behaviours, role model and mass media preferences are explored.

FERRENCE, R.G. (1984). Prevention of alcohol problems in women. In Wilsnack & L. Beckman (Eds.), Alcohol problems in women. New York: Guilford Press.

Reviews the nature and extent of alcohol problems in women, risk factors, existing prevention strategies targeting women and presents additional strategies which may be effective.

FLANIGAN, B. (1987). The hidden subverter: A case study in community adolescent alcohol education. Journal of Alcohol and Drug Education, 33 (1), 11-19.

Alcohol prevention programs targeting adolescents often offend adult sensibilities and values. Political dimensions of alcohol education and how to recognize as well as allay subversive influences are described.

FOX, C., FORBING, S. & ANDERSON, P. (1988). A comprehensive approach to drug-free schools and communities. Journal of School Health 58(9), 365-369.

Describes a comprehensive approach to developing drug-free schools and communities, through five phases: needs assessment, program planning, program implementation, evaluation and dissemination.

HEALTH AND WELFARE CANADA. (1987). Depending on Ourselves: Proceedings of the National Consultation on Women and Drugs. Ottawa: Minister of Supply and Services Canada.

The National Consultation on Women and Drugs was held to provide support to those working in the field and especially those in education and prevention. The proceedings are divided into three main sections: defining the problem, routes of dependence/routes to independence, and strategies for change.

HORTON, L. (1988). The education of most worth: Preventing drug and alcohol abuse. Educational Leadership, 45 (6), 4-8.

A combined school and community effort is required to combat adolescent substance abuse. Guidelines for school action are provided, including recognizing the dominant role which alcohol plays in our society, addressing mixed messages received by children and myths about adolescent alcohol use, new ways to use resources, and developing prevention programs.

KELLY, J.A. (1988). A Guide to Conducting Prevention Research in the Community: First Steps. New York: Haworth Press.

A guide for the research investigator conducting community-based prevention research. Part One provides guidelines about how researchers can educate themselves about the community. Part Two examines technical aspects of the research process.

***LEGGE, C., SHERLOCK, L. & DICKSON, N. (1989). Alcohol/Drug Education Needs Assessment: (Four B.C. Ethnic Communities). Vancouver: Alcohol-Drug Education Service under contract from Alcohol and Drug Programs, B.C. Ministry of Labour and Consumer Services.**

A study undertaken to assess how alcohol and drug education programs might be extended to better serve the multicultural community in B.C. Data was collected from three primary sources: 1) problem indicators and research findings outlined in the literature, 2) personal interviews with designated key informants for each community, and 3) interviews with selected community members. Includes comprehensive recommendations, both collective and community-specific in scope.

NATIONAL INSTITUTE ON ALCOHOL ABUSE AND ALCOHOLISM. (1983). Prevention Plus: Involving Schools. Parents and the Community in Alcohol and Drug Education. Rockville, MD: Author.

Provides a comprehensive approach to alcohol and drug education which incorporates schools, parents and the community. Curricula, community and parent programs, and policies are addressed.

PEERS, I.S. (1981). A community approach to the problems of solvent abuse. Health Education Journal, 40(2), 1981.

Presents a strategy for schools and communities to adapt a solvent abuse prevention program to meet their objectives. Examples are provided and questions for educators are presented.

PENTZ, M.A. et al. (1986). Balancing program and research integrity in community drug abuse prevention: The Project STAR approach. Journal of School Health, 56(9), 389-393.

Describes Project STAR, a community-based drug prevention program. Strategies for obtaining and sustaining support, maintaining quality control and achieving research as well as program objectives are outlined.

PUSKA, P. et al. (1979). Changing the cardiovascular risk in a community: The North Karelia Project. Health Education, 18(3), 7-8, 13.

Describes a comprehensive Finnish heart disease prevention program which can be used as a model for other types of prevention programs. Significant improvements in indices of cardiovascular health were achieved through this community-based program involving multiple strategies.

ROWE & ASSOCIATES, CONSULTANTS LTD. (1989). The Vancouver Urban Indian Needs Assessment Study. Under contract to Alcohol and Drug Programs, Ministry of Labour and Consumer Services. Vancouver: Alcohol and Drug Programs

A study to determine the needs of Native Indians in the Vancouver Lower Mainland pertaining to alcohol and drug issues. Seven recommendations for the development of specific services for Native people in Vancouver are included. Prevention is addressed.

SCHINKE, S.P. et al (1985). Strategies for preventing substance abuse with American Indian youth. White Cloud Journal of American Indian Mental Health, 3 (4), 12-18.

Suggestions about the assessment, design, implementation and evaluation of substance abuse prevention programs for American Indian youth. Examples drawn from prevention activities in Indian communities are used to illustrate each stage.

SKIRROW, J. (1985). Primary Prevention: A New Approach to Adolescents and Alcohol. Edmonton: Alberta Alcohol and Drug Abuse Commission.

Describes the background, general design principals, goals and preliminary results of AADAC's adolescent alcohol prevention program.

WERTZ, D.C. & BIGLEY, T.C. (1985). Mobilizing a community to challenge adolescent substance abuse: An educator's perspective. Journal of Alcohol and Drug Education, 31 (1), 1-7.

Describes the purposes, objectives, actions and structures of community committees organized to increase community awareness about adolescent substance abuse.

Impaired-driving Strategies

HEALTH AND WELFARE CANADA. (1989). National Survey on Drinking and Driving. Ottawa: Minister of Supply and Services Canada.

Reports results of the National Survey on Drinking and Driving conducted in March 1988. The survey explored respondents' attitudes, beliefs and behaviors, what prevention was being practised and what prevention measures should be undertaken.

NATIONAL PROGRAM ON IMPAIRED DRIVING. Impact. Ottawa: Traffic Injury Research Foundation of Canada.

A quarterly newsletter containing short articles, news items and conference dates relating to impaired driving issues.

NATIONAL INSTITUTE ON ALCOHOL ABUSE AND ALCOHOLISM. (1985). Together We Can Help Prevent Alcohol-Impaired Driving.

Outlines impaired driving prevention strategies designed for communities, youth, parents, families, the workplace and beverage servers. Includes facts, data sources, tips for hosting and for guests, and lists publications and resources.

NATIONAL STEERING COMMITTEE ON IMPAIRED DRIVING COMMUNITY-BASED PROGRAMS WORKING GROUP. (1990). The Road to Curb Impaired Driving: A Manual to Help Community Groups Who Want to Take Action. Ottawa: Minister of Supply and Services Canada.

Provides guidelines on how to curb impaired driving at the community level, including information about impaired driving, how to mobilize your community (six steps), and where to get more information.

NATIONAL INSTITUTE ON ALCOHOL ABUSE AND ALCOHOLISM. (1985). Together We Can Help Prevent Alcohol-Impaired Driving.

Outlines impaired driving prevention strategies designed for communities, youth, parents, families, the workplace and beverage servers. Includes facts, data sources, tips for hosting and for guests, and lists publications and resources.

NATIONAL STEERING COMMITTEE ON IMPAIRED DRIVING COMMUNITY-BASED PROGRAMS WORKING GROUP. (1990). The Road to Curb Impaired Driving: A Manual to Help Community Groups Who Want to Take Action. Ottawa: Minister of Supply and Services Canada.

Provides guidelines on how to curb impaired driving at the community level, including information about impaired driving, how to mobilize your community (six steps), and where to get more information.

SLEET, D.A., WAGENAAR, A. & WALLER, P. (Eds.). (1989). Drinking, driving, and health promotion [Special issue]. Health Education Quarterly, 16(3).

A special issue dedicated to research on drinking, driving and health promotion. Articles address epidemiology, theory, risk factors, policy alternatives, research needs and resources.

Parents and Parenting Strategies

***COOMBS, R.M. (Ed.). (1988). The family context of adolescent drug use. New York: The Haworth Press.**

A collection of articles which focus on the key role played by the family in preventing adolescent drug use. Part I contains a literature review and provides background information about social forces affecting families. Part II addresses different family types, styles, and stages. Part III discusses interventions in the home, at school and with peers.

COOMBS, R.M. at al. (1984). Parent training to prevent adolescent drug use: An educational model. Journal of Drug Issues, 14(2), 393-402.

Argues that drug use occurs among normal youth from a range of family backgrounds. Recommends educating parents to positively reinforce youth expressing adolescent conflict or rebellion, rendering it unnecessary for them to seek approval from drug-using peers.

FREEMAN, J. (1989). How to drug-proof kids: A parent's guide to early prevention. Albuquerque, NM: The Think Shop, Inc.

Informs parents about how to prevent their children from abusing drugs. Addresses feelings, self-esteem, assertiveness, peer pressure, television awareness, nutrition, risk-taking and decision making.

KLITZNER, M., GRUENEWALD, P.J. & BAMBERGER, E. (1990). The assessment of parent-led prevention programs: A preliminary assessment of impact. Journal of Drug Education, 20(1), 77-94.

Describes results of a study on the impact of parent-led prevention groups on their children's drug and alcohol use, family relations and parental control of children's social activities. While family relations and parental control of children's social activities improved, impact on children's drug and alcohol use was weak.

***MANATT, M. (1983). Parents, Peers and Pot II. Rockville, MD: National Institute on Drug Abuse, U.S. Department of Health and Human Services.**

This book describes some of the diverse efforts made by parents throughout the U.S. to prevent drug use among youth which has collectively become known as the "parent movement". It follows Parents, Peers and Pot (1979) (same author).

MANNING, T.M. & BANFIELD, K.C. (1989). Do parents today need drug education programs as badly as their parents needed them? Journal of Drug Education, 19(21), 97-62.

Parents were surveyed to determine if being socialized in a drug culture increased knowledge sufficiently to eliminate the need for adult drug education. Parents of the late 1980s demonstrated only slightly higher knowledge levels than those of the early 1970s; they lack the knowledge and resources to adequately educate their children about drugs.

MASTRICH, J. & BIRNES, B. (1988). The ACOA's guide to raising healthy children: A parenting handbook for adult children of alcoholics. New York: Collier Books.

Designed to help adult children of alcoholics break the cycle of dysfunction that can be transmitted from one generation to the next. Being a confident parent is emphasized. Coping strategies are provided.

PENNY, A. & GARFIELD, E. (1984). Parent groups in drug abuse prevention: Is this the constituency we've been waiting for? Journal of Primary Prevention, 4(3), 173-179.

Describes experiences of working with parent groups in two different parts of the United States. Prevention professionals are urged to establish collaborative links with parent groups.

PERKINS, W.M. & McMURTIE-PERKINS, N. (1986). Raising drug-free kids in a drug-filled world. Minneapolis: Hazeldon.

Written by alcohol/drug counsellors who specialize in family therapy, this book provides information and advice to parents about how to raise drug-free children. Based on a three-hour Parents Program presented throughout the United States.

SCHROEDER, B. (1987). Helps kids say no to drugs and drinking. Minneapolis: CompCare Publishing.

A compilation of vignettes about the author's home life which emphasize parents' role in preventing alcohol and other drug use. Highlights personal strengths and weaknesses, feelings, communication skills and other parenting techniques.

WHITEHEAD, P.C. & GLIKSMAN, L. (1985). Parent Education: A Review and Analysis of Drug Abuse Prevention and General Programs. Ottawa: Minister of Supply and Services Canada.

This publication lists and describes general parent education programs, alcohol/drug parent education programs and related parent education materials. Descriptions are divided into categories including goals, objectives, learning techniques, theoretical approach and evaluation.

Mass Media Strategies

ARCLAY, R. (1983). The impact of mass communication campaigns in the health field. Social Science Medicine, 17(2), 87-94.

Analyzes mass media health education projects designed to change behaviour. Looks at how persuasion and social psychology theories are used, reviews campaigns based on these theories including smoking, alcoholism and heart disease campaigns, and discusses the limitations of mass media campaigns.

BLANE, H.T. & HEWITT, E. (1977). Mass Media, Public Education and Alcohol, A State of the Art Review. Rockville, MD: National Institute on Alcohol Abuse and Alcoholism.

A review of documents from the National Institute on Alcohol Abuse and Alcoholism and the National Highway Traffic Safety Administration, undertaken to assess the effectiveness of mass media campaigns, to assess policy alternatives and identify gaps in the research.

BLANE, M.T. (1988). Research on mass communications and alcohol. Contemporary Drug Problems, Spring, 7-20.

A review of research having implications on the relationship between mass media and alcohol prevention. Areas of study in communications that bear on alcohol-related attitudes and behaviours are identified, quality of research is discussed and research opportunities and priorities are identified.

FLAY, B.R. (1986). Mass media linkages with school-based programs for drug abuse prevention. Journal of School Health, 56(9), 402-406.

Describes how schools or community groups can use the mass media to gain wider acceptance of prevention programs by parents and others.

LIND, T. (1987). Make the most of your adolescent alcohol problem prevention via the media. In Health for All - Meeting the Challenge: Proceedings of the 12th World Conference on Health Education, (pp. 766-780). Dublin: Health Education Bureau.

Describes the historical perspective of AADAC's "Make the Most of You" media campaign and its philosophical foundations.

MALONEY, S.K. & HERSEY, J.C. (1984) Getting messages on the air: Findings from the 1982 alcohol abuse prevention campaign. Health Education Quarterly. 11(2), 273-292.

Describes the effectiveness of a program based on alcohol-related public service broadcasts. Campaign impacts were limited; possible reasons are discussed.

NUTTER, C. & SKIRROW, J. (1984). Evaluation of a Multi-Faceted Adolescent Alcohol Prevention Program. Edmonton: Alberta Alcohol and Drug Abuse Commission.

Describes evaluation of AADAC's multi-faceted adolescent alcohol prevention program which has a strong media-based component. This paper was presented in Athens, Greece to the 30th International Institute on the Prevention and Treatment of Alcoholism, 1984.

WALLACK, L. (1983). Mass media campaigns in a hostile environment: Advertising as anti-health education. Journal of Alcohol and Drug Education, 28(2), 51-63.

Discusses whether or not environmental conditions are sufficiently conducive to the success of mass media prevention programs. Issues apply to other types of prevention programs as well.

SCHOOL-BASED STRATEGIES

Theories and Models

> **Note:** See also **Smoking Strategies** and **Program Evaluation** sections.

ALCOHOL-DRUG EDUCATION SERVICE (1989). A report on substance abuse among "high risk" youth with recommended primary and early intervention strategies. Vancouver: Alcohol-Drug Education Service, under contract from Alcohol and Drug Programs, B.C. Ministry of Labour and Consumer Services.

A needs assessment conducted among high risk youth and service providers in the Lower Mainland. Identifies prevention needs based on interviews with youth and a variety of professionals who work with them.

***BENARD, B. (1986). Characteristics of effective prevention programs.Prevention Forum, 6(4), 3-8.**

Describes characteristics of effective prevention programs identified by research, organized into three main categories: program comprehensiveness/intensity, program strategies and program planning.

***BENARD, B., FAFOGLIA, B. & PERONE, J. (1987). Knowing what to do - and not to do - reinvigorates drug education. Curriculum Update, Feb. 1987.**

Provides an overview of prevention education strategies, describing approaches which have failed as well as those which may prove to be effective.

BENTZ, G.D. (1989). Using computer simulations in drug education lessons. Computing Teacher, 16 (5), 8, 10.

Describes drug education for fifth grade students using computer simulation, in which students role-play adolescents in drug/alcohol-related scenarios. Activities and discussion groups are described.

BUCKLEY, J.E. (1989). Credibility and drug education: Critique and reformulation. International Journal of the Addictions, 24(6), 489-497.

Reviews the literature addressing the effect of source credibility on drug education. Most of the material is criticized for relying on inaccurate and imprecise conceptualizations of credibility. Contemporary communication theory suggest that factors affecting credibility vary with the source of information, topic discussed, situation and audience. Implications are discussed.

DAVIS, R.B., et al (1985). Helping children of alcoholic parents: An elementary school program. School Counsellor, 32 (5), 357-363.

Describes a program offered to elementary school students who have alcoholic parents. The program is designed to prevent their abuse of alcohol as adolescents or adults and to help them cope emotionally.

FOX, C., FORBING, S. & ANDERSON, P. (1988). A comprehensive approach to drug-free schools and communities. Journal of School Health 58(9), 365-369.

Describes a comprehensive approach to developing drug-free schools and communities, through five phases: needs assessment, program planning, program implementation, evaluation and dissemination.

GLYNN, T., LEUKEFELD, C. & LUDFORD, J. (1983). Preventing Adolescent Drug Abuse: Intervention Strategies. (DHHS Publication No. (ADM) 86-1280). Washington, DC: U.S. Government Printing Office.

A compendium of articles describing various theory-based prevention strategies. Describes research in the effectiveness of the strategies and programs which have been developed and used.

***GOODSTADT, M.S. (1989). Drug Education: The prevention issues. Journal of Drug Education 19(3), 197-208.**

Discusses eight major issues facing drug education, such as program philosophy, effectiveness of different strategies, optimum target audiences and policy vs. education issues.

GOODSTADT, M.S. (1989). Substance abuse curricula vs. school drug policies. Journal of School Health, 49(6), 246-250.

Research on the effectiveness of alcohol and drug education, legal deterrence and trends in adolescent substance use indicate that neither curricula nor policies are sufficient on their own. They must reinforce each other. Both should reflect community norms and positively reinforce students who abstain from drug use.

GOLDSTEIN, A.P. (1989). Refusal skills: Learning to be positively negative. Journal of Drug Education. 19(3), 271-283.

Describes "Skillstreaming", an interpersonal skills training approach for youth. Presents training procedures, content and methodology.

***HAWLEY, R.A. (1984). A School Answers Back: Responding to Student Drug Use. Rockville: The American Council for Drug Education.**

Describes a school's efforts to address the substance abuse problem and provides a model for schools wishing to initiate or supplement a drug prevention program.

***HEALTH AND WELFARE CANADA (1990). Life Skills Programs for School Use. Ottawa: Minister of Supply and Services Canada.**

Developed as part of the National Drug Strategy to assist teachers and administrators in education and prevention. Section I includes needs assessment and evaluation instruments for grades 5 to 8 students, Section II outlines program selection considerations and Section III describes 36 suitable life skills programs. Not yet available as of this printing.

LE COQ, L.L. & CAPUZZI, D. (1984). Preventing adolescent drug use. Journal of Humanistic Education and Development, 22 (4), 155-169.

Model for an eight-session group counselling program for school settings, designed to prevent drug abuse, is described. Program goals are to help adolescents develop coping, communication and interpersonal skills, accept responsibility for decisions and to integrate values, lifestyles and goals.

LOHRMANN, D.K. & FORS, S.W. (1986). Can school-based educational programs really be expected to solve the adolescent drug abuse problem? Journal of Drug Education, 16 (4), 327-339.

Reviews recommendations made in 1984 Rand Corporation report that preventive education is the most effective means of preventing adolescent drug abuse. Concludes that many factors affecting adolescent drug use are outside the jurisdiction of schools.

MacDONALD, S. (1989). Drug Use: Strategies for Schools. Vancouver: EduServ Inc.

Provides an overview of how schools can address drug use. Topics covered include strategies for schools (e.g. setting policy, community support, prevention, intervention and curriculum resources), legal issues, basic information on drugs, and resources available in Canada and the U.S.

***MANGHAM, C. (1988). Imbedded and Free Standing Substance Abuse Prevention Curricula: An Analysis of Selected Programs. Unpublished report developed under contract to B.C. Alcohol and Drug Programs. Vancouver: Alcohol-Drug Education Service.**

This report reviews selected school health education curricula in Canada and the U.S. as to substance abuse content. Free standing, substance abuse curricula are also examined. Recommendations are made for the development of a provincial health education curriculum.

MEIER, S.T. & SAMPSON, J.P. (1989). Use of computer-assisted instruction in the prevention of alcohol abuse. Journal of Drug Education, 19(3), 245-256.

Suggests that prevention programs have had little effect on drinking behavior. Computer-assisted instruction offers a new means of educating about alcohol. One such program is described.

MILGRAM, G.G. (1987). Alcohol and drug education programs. Journal of Drug Education, 17 (1), 43-57.

Discusses the design, implementation and evaluation of alcohol and drug education programs, including philosophy, policy, goals, content methodology and evaluation.

MITIC, W.R., McGUIRE, D.P. & NEUMANN, B. (1987). Adolescent Inhalant Use and Perceived Stress. Journal of Drug Education, 17(2), 113-121.

Describes a study comparing students who inhale solvents with those who do not. Abstainers experienced less stress than users. Authors recommend that stress management be incorporated into drug education programs.

MOHR, P.H., et al (1987). Moral reasoning in early adolescence: Implications for drug abuse prevention. School Counsellor, 35 (2), 120-127.

Examines adolescents' reasoning process in respect to decisions about drug use. Eighth grade students (n = 54) indicated higher moral development in reasoning about abstract social dilemmas compared with drug-related dilemmas. Girls' reasoning about drug issues indicated higher moral development than boys.

PALMER, J., DAVIS, E. SHER, A. & HICKS, S. (1989). High school senior athletes as peer educators and role models: An innovative approach to drug prevention. Journal of Alcohol and Drug Education, 35(1).

Describes a pilot project whereby senior high school athletes attended a four-day drug prevention institute. The purpose of the institute was to train senior athletes to present prevention activities to junior high and elementary school students and to help prevent drug use among the athletes themselves.

SEVERSON, H.H. (1984). Adolescent social drug use: A school prevention program. School Psychology Review, 13 (2), 150-161.

Reviews social drug use by adolescents and school-based prevention programs. Programs providing social skills training appear to effectively reduce alcohol, tobacco, and marijuana use. School psychologists can be instrumental in facilitating programs, involving parents and providing referrals.

STUDENT ASSISTANCE JOURNAL: THE VOICE OF STUDENT ASSISTANCE PROGRAMS. Troy, Michigan: Performance Resource Press.

A journal about developments, research and trends that concern student assistance professionals on topics such as prevention, counselling, drug use, drug dependence, recovery and self-esteem.

***VERTINSKY, P. (1989). Substance abuse prevention programs: The state of the art in school health. Health Promotion, Spring 89 .**

Describes the state of the art of effective health education in the schools, focusing on substance abuse prevention. Identifies potentially useful research about, 1) barriers to effective health education and 2) favourable circumstances for teaching decision-making skills to students.

WEAVER, D. (1988). Software for Substance Abuse Education: A Critical Review of Products. Portland, OR: Northwest Regional Educational Laboratory.

Reviews software products designed specifically for use in substance abuse education. Eighteen software packages are described. Information categories include hardware required, price, audience, description, possible uses, strengths and weaknesses.

Smoking Strategies

CHEN, T.T. & WINDER, A.E. (1986). When is the critical moment to provide smoking education at schools? Journal of Drug Education, 16 (2), 121-133.

Describes results of a survey administered to Grade 6 and 9 students. Recommends that smoking prevention education be given in sixth grade because they experience comparatively little peer pressure, little knowledge of the effects of smoking and less awareness of parental attitudes. Many Grade 6 students also express the intention to smoke within the next 5 years.

Di FRANZA, J.R. (1989). School tobacco policy: A medical perspective. Journal of School Health, 59(9), 398-400.

Proposes a school tobacco policy that involves parents and the health care community. Seven policy points are described and supported by research.

FLAY, B.R. (1985). Psycho-social approaches to smoking prevention: A review fo the findings. Health Psychology, 5(5), 449-488.

A review of 27 school-based studies of smoking prevention strategies based on the psycho-social approach. Recommendations for future research are offered.

FLAY, B.R. et al. (1983). Cigarette smoking: Why young people do it and ways of preventing it. In McGrath, P. & Firestone, P. (Eds.) Paediatric and Adolescent Behavioral Medicine, (pp. 132-183). New York: Spriger-Verlag.

Reviews literature on why young people begin to smoke and presents a causal model. Also reviews school-based smoking prevention efforts and describes author's own research. Draws implications for program development and research.

GREAVES, L. (1987). Background Paper on Women and Tobacco. Ottawa: Minister of Supply and Services Canada.

Prepared for the Health Promotion Directorate and the National Working Group on Women and Tobacco. Includes a statistical profile of women and tobacco use, discusses the initiation, maintenance and cessation of women's smoking behavior and prevention strategies appropriate to each stage, and future programming directions.

HEALTH AND WELFARE CANADA. (1987). Directional Paper of the National Program to Reduce Tobacco Use in Canada. Ottawa: Minister of Supply and Services Canada.

Reviews trends and issues and provides a framework for the National Program to Reduce Tobacco use, including goals, objectives and strategies.

LODISH, D. (1985). Preventing smoking. In L.D. Gilchrist & S.P. Schinke (Eds.), Preventing Social and Health Problems Through Life Skills Training, (pp. 73-81). Seattle: Centre for Social Welfare Research, University of Washington.

Describes research measuring how life skills training has contributed to the prevention of smoking by young adolescents.

MILIO, N. (1985). Health policy and the emerging tobacco reality. Social Science Medicine, 21(6), 603-613.

Discusses economics of tobacco use, policy implications and political strategies to direct tobacco policies in healthy directions.

TALBOT, K. (1989). The medical profession has achieved a major change in its smoking behaviour: How might undergraduate medical education achieve a similar change in doctors' drinking habits? Alcohol and Alcoholism, 24 (4), 339-345.

Argues that including more alcohol-related medicine in medical curriculum will improve students' drinking practices and that the addition of programs such as safe drinking promotion will create healthier attitudes among medical students.

Theories and Models in Prevention

ALEXANDER, B.K. (1990). Alternatives to the war on drugs. Journal of Drug Issues, 20(1), 1-27.

Although ineffective, the War on Drugs cannot entirely be abandoned. The author proposes that three components be replaced: that drug prohibition laws be replaced with

localized, pragmatic controls; that anti-drug propaganda be replaced with valid information; and that bureaucratized drug treatment be replaced with social innovations.

***AMATETTI, S.L. (1987). A prevention primer: Putting theory to work in the classroom. Alcohol Health and Research World, Summer 1987, 39-43.**

Describes how theory provides a basis for prevention planning in schools. Looks briefly at theories underlying school programs.

***BEAUCHAMP, D.E. (1980). Beyond Alcoholism: Alcohol and Public Health Policy. Philadelphia: Temple University Press.**

Collection of articles discussion policies from historical and international perspectives. Emphasis is on developing alcohol policies which impact positively on consumption patterns.

BELL, R. (1988). Using the concept of risk to plan drug use intervention programs. Journal of Drug Education, 18(2), 135.

Proposes that prevention programs must target high-risk groups in order to be successful. Presents a two-step, multi-level, multivariate analysis strategy to estimate high-risk groups in high-risk geographic areas.

BELLS, C.S. & BATTJES, R. (Eds.) (1985). Prevention research: Deterring drug abuse among children and adolescents. NIDA Research Monograph 63. Rockville, MD: National Institute on Drug Abuse.

A collection of articles focusing on smoking prevention, examining cognitive, behavioural and social influence approaches in particular.

BLANE, M. (1976). Issues in preventing alcohol problems. Preventative Medicine, 5, 176-186.

Reviews prevention models and argues that vested interests must be coordinated in order to achieve a consistent prevention policy. Argues that prevention services must be granted independent institutional status, as are treatment services.

COLLINS, L.R. & MARLATT, A.C. (1981). Social modelling as a determinate of implications for prevention and treatment. Addictive Behaviors, 6, 233-239.

Social learning techniques, including modelling, and their effectiveness in alcohol prevention and treatment are discussed.

DOLAN, J.S. (1987). Rediscovering the alcoholism field: New trends and needs. Journal of Alcohol and Drug Education, 32 (2), 59-62.

Educational trends in the field are identified, in addition to trends in treatment, public policy and research. Calls for the need to examine the interrelationships of programs and trends as well as the need to develop an environment which does not support intoxication.

DU PONT, R.L. (Ed.). (1989). Stopping alcohol and other drug use before it starts: The future of prevention. A Report of the Committee on the Future of Alcohol and Other Drug Use Prevention of the Institute for Behavior and Health, Inc. Rockville: Office for Substance Abuse Prevention, U.S. Department of health and Human Services.

Report focusing on substance abuse prevention among youth in high risk environments. Describes the nature of substance abuse problems in the U.S., and research on prevention and high-risk youth. Includes an analysis of prevention programs and describes steps which must be taken.

GLYNN, T., LEUKEFELD, C. & LUDFORD, J. (1983). Preventing Adolescent Drug Abuse: Intervention Strategies. (DHHS Publication No. (ADM) 86-1280). Washington, DC: U.S. Government Printing Office.

A compendium of articles describing various theory-based prevention strategies. Describes research in the effectiveness of the strategies and programs which have been developed and used.

***HEALTH AND WELFARE CANADA (1988). Action on drug abuse: Making a difference. Ottawa: Minister of Supply and Services.**

Describes the reality of alcohol and other drug abuse in Canada, the National Drug Strategy, and provides information about education and prevention initiatives services for special groups, treatment and rehabilitation, and enforcement and control.

***HEALTH AND WELFARE CANADA (1986). Achieving Health For All: A Framework for Health Promotion. Ottawa: Minister of Supply and Services Canada.**

Integrates ideas from public health, health education and public policy into a framework for addressing health issues that complements the existing healthcare system. Identifies factors relevant to long-range objectives.

HOLDER, M. (1989). Prevention of alcohol-related problems. Alcohol Health and Research World. 13(4), 339-342.

Provides background on prevention research and describes research projects undertaken by the Prevention Research Center in Berkeley. Projects include research on traffic safety, server intervention, community issues, workplace, the family, special populations based on gender, class and ethnic group.

HORTON, L. (1988). The education of most worth: Preventing drug and alcohol abuse. Educational Leadership, 45 (6), 4-8.

A combined school and community effort is required to combat adolescent substance abuse. Guidelines for school action are provided, including recognizing the dominant role which alcohol plays in our society, addressing mixed messages received by children and myths about adolescent alcohol use, new ways to use resources, and developing prevention programs.

JEANNERET, O. (Ed.). (1983). Alcohol and youth. Switzerland: S. Karger AG.

Contains several articles related to the prevention of alcohol abuse among youth.

MARLATT, G.A. (1988). Research on behavioral strategies for the prevention of alcohol problems. Contemporary Drug Problems, Spring, 31-45.

Presents an overview of behavioral strategies employed in alcohol prevention programs. Theoretical background and assumptions are discussed. Behavioral self-management techniques are described including self-monitoring, coping skills training and cognitive restructuring. Areas of future research are identified.

MILLER, P.M. & NIRENBERG, T.D. (1984). Prevention of Alcohol Abuse. New York: Plenum Press.

A text book on alcohol abuse prevention. Contains critical reviews of prevention knowledge contributed by internationally-reputed authors. Broad topic areas are: history and issues of alcohol abuse prevention; predictors of problem drinking; approaches to prevention; and practical applications of prevention strategies.

***MOORE, M.H. & GERSTEIN, D.R. (1981). Alcohol and public policy: Beyond the shadow of prohibition. Panel on Alternative Policies Affecting the Prevention of Alcohol Abuse and Alcoholism. Washington: National Academy Press.**

Contains reports of a panel assembled by the NIAAA to conduct an inquiry into alcohol abuse prevention policies and their effectiveness. Includes seven studies commissioned by the panel. Topics addressed include current alcohol policies, regulating supply, shaping drinking practices and reducing environmental risk.

MOSER, J. (1980). Prevention of Alcohol-related Problems: An International Preview of Preventative Measures, Policies and Programmes. Toronto: Addiction Research Foundation.

Contains information from over 80 countries about alcohol-related problems, availability and consumption, policies, information, education and other preventive measures.

***MOSKOWITZ, J.M. (1989). The primary prevention of alcohol problems: A critical review of the research literature. Journal of Studies on Alcohol, 50 (1), 54-88.**

Moskowitz critically reviews research about primary prevention, organized into four main categories: (1) policies, (2) formal social controls, (3) primary prevention programs and (4) environmental safety measures. The effectiveness of three policies are generally supported: raising the legal drinking age to 21, increasing alcohol taxes and greater enforcement of drinking-driving laws.

OFFICE FOR SUBSTANCE ABUSE PREVENTION (1988). Prevention research findings: 1988. Proceedings of the First National Conference on Prevention Research Findings: Implications for Alcohol and Other Drug Abuse Program Planning. Rockville, MD: U.S. Department of Health and Human Services.

Presents proceedings from conference designed to bring together prevention researchers and practitioners, to inform practitioners of latest research findings and researchers of issues in the field.

***PERRY, C.L. & MURRAY, D.M. (1985). The prevention of adolescent drug abuse: Implications from etiological, developmental, behavioural and environmental models. Journal of Primary Prevention, 6(1), 31.**

Reviews the contributions of theoretical models to the development of prevention programs. Focuses on etiological research. Research needed to further improve prevention programs is identified.

RICKETT, M. & SHEPPARD, M.A. (1988). Decision-making and young people. Journal of Drug Education, 18 (2), 109-14.

A series of studies were undertaken examining elementary and secondary school students' attitudes toward making decisions. Results indicate that different age groups hold different attitudes toward decision-making, which must be taken into account by program developers.

ROOM, R. (1981). The case for a problem prevention approach to alcohol, drug and mental health problems. Public Health Reports, 96(1), 26-33.

Identifies alcohol, drug and mental health problems and prevention strategies which can help alleviate them.

***SKIRROW, J. & SAWKA, E. (1987). Alcohol and drug abuse prevention strategies-an overview. Contemporary Drug Problems, Summer, 147-241.**

An overview of alcohol and drug abuse prevention strategies, including a comprehensive prevention model developed by the authors. Provides a practical perspective on addictions prevention and discusses constraints on prevention.

SLEET, D.A., SHEARD, J. LAVALLE, J., MARTSGAN, P. & YEE, S. (1989). Resource guide to alcohol-impaired driving programs and materials. Health Education Quarterly, 16(3), 439-451.

A recent review providing descriptions of programs in use to prevent drinking driving.

SKIRROW, J. (1985). Primary Prevention: A New Approach to Adolescents and Alcohol. Edmonton: Alberta Alcohol and Drug Abuse Commission.

Describes the background, general design principals, goals and preliminary results of AADAC's adolescent alcohol prevention program.

STANDING COMMITTEE ON NATIONAL HEALTH AND WELFARE. (1987). Booze, Pills and Dope: Reducing Substance Abuse in Canada. Minutes of Proceedings and Evidence of the Standing Committee on National Health and Welfare, House of Commons Issue No. 28.

Report based on hearings of the Standing Committee on National Health and Welfare about substance abuse in Canada. Topics covered include prevention, treatment, rehabilitation, Native programs, the workplace, impaired driving, beverage control, supply control, professional education/training, and program evaluation.

THOMPSON, J. (1986). AADAC's Adolescent Prevention Campaign: Summary Report. Edmonton: Alberta Alcohol and Drug Abuse Commission.

Describes AADAC's adolescent prevention campaign, designed to moderate teen alcohol and other drug use. Campaign includes media campaigns, publications, curriculum materials and community initiatives.

WALLACK, L. (1984). Practical issues, ethical concerns and future directions in the prevention of alcohol-related problems. Journal of Primary Prevention, 4(4), 1990.

Examines alcohol prevention strategies of health promotion, disease prevention and health protection in terms of problem definition, understanding the problem, and ethics. Argues for ethically-based, holistic prevention oriented to social justice. Presents a model for developing prevention programming and research.

***WALLACK, L. (1985). The prevention of alcohol-related problems in the U.S.A.: Health education and the "new generation" of strategies. Hygie, 4(2), 23-30.**

Examines various strategies for preventing alcohol-related problems. Primary, secondary and tertiary prevention are addressed. Suggests that policy oriented efforts arrived at limiting availability of substances and creating healthier environments constitute a new and more effective genre of strategies than the traditional, educational approach to prevention.

GENERAL HEALTH PROMOTION

BARBOR, J.G., BRADSHAW, R. & WALSH, C. (1989). Reducing alcohol consumption through television advertising. Journal of Consulting and Clinical Psychology, 57 (5), 613-618.

Ninety-six regular drinkers who were unaffected by a previous anti-drug advertising campaign participated in an experiment to determine the effect of a TV commercial advocating controlled drinking. Baseline data was collected 2 months before the advertising campaign. Some subjects were also sent a letter announcing the campaign (2 x 2 factorial design). Post-testing commenced three weeks following the campaign. Results indicated that exposure to the advertising campaign was effective in reducing alcohol intake when a letter announcing the campaign was also received.

***BEAUCHAMP, D.E. (1980). Beyond Alcoholism: Alcohol and Public Health Policy. Philadelphia: Temple University Press.**

Collection of articles discussion policies from historical and international perspectives. Emphasis is on developing alcohol policies which impact positively on consumption patterns.

BERDIANSKY, H., et al. (1988). Drug education: Cooperation between school and community. Elementary School Guidance and Counselling, 23 (2), 133-138.

Describes Drug Action Prevention Program, a cooperative effort between the community and an urban public school system based on cognitive-behaviourial approach. Discusses primary and secondary prevention for students as well as counsellor/teacher training.

BRITISH COLUMBIA MINISTRY OF HEALTH. Health Promotion in Action.

This quarterly newsletter provides information about health promotion activities in B.C. & the rest of Canada.

CATLIN, G. (1988). Guidelines for Community-Based Health Promotion Surveys. Ottawa: Minister of Supply and Service.

Report commissioned by the Health Promotion Directorate to provide guidelines to conducting health promotion surveys on smaller jurisdictions such as municipalities, health districts, cities, etc. Step-by-step guidelines are provided on how to conduct the survey and implement the questionnaire.

CORTI, B., BINNS, C.W., HOWAT, P.A. & TEMPLE, D.B. (1988). Alcohol problem prevention programmes: Which women should we target and how can we reach them? Paper for presentation at the Twentieth Annual Scientific Conference of the Public Health Association of Australia and New Zealand, August 28-31, 1988, Brisbane, Queensland. Brisbane: National Centre for Research into the Prevention of Drug Abuse.

Describes study undertaken to investigate drinking patterns of women living in Perth and to identify specific target groups. Explores the advantages of targeting subgroups and suggests four female target groups for alcohol prevention programmes. Risk taking behaviours, role model and mass media preferences are explored.

FLAY, B.R. (1981). On improving the chances of mass media health promotion programs causing meaningful changes in behavior. In M. Meyer (Ed.), Health Education by Television and Radio. (pp. 56-91). Munich: Saur.

Presents a model to explain changes in attitudes and behavior based on social and behavioral psychology theories. Suggests how to improve the effectiveness of mass media programs and attributes failure of past campaigns to their emphasis on information provision rather than more effective strategies to change behaviour.

***GOODSTADT, M.S. (1989). Drug Education: The prevention issues. Journal of Drug Education 19(3), 197-208.**

Discusses eight major issues facing drug education, including program philosophy, effectiveness of different strategies, optimum target audiences and policy vs. education issues.

GREEN, K. (1985). Health promotion: Its terminology, concepts, and modes of practice. Health Values, 9(3), 8-14.

Discusses terms and concepts used in health promotion and examines differences between them. Also looks at dilemmas in the health promotion field.

HEALTH AND WELFARE CANADA. (1987). Prevention Now: A Concept and a Practice. Ottawa: Minister of National Health and Welfare.

For professionals and lay persons interested in preventing mental and emotional problems among children. Provides guidance with examples and lists resources.

HEALTH AND WELFARE CANADA. (1989). The Active Health Report on Alcohol, Tobacco and Marijuana. Ottawa: Minister of Supply and Services Canada.

One of two reports on results of Canada's Health Promotion Survey. The chapters explore who uses alcohol, tobacco and marijuana, how users and non-users rate their health, and what their intentions for change are.

HEALTH AND WELFARE CANADA. Health Promotion.

A quarterly journal about health promotion available free of charge to those working in the health promotion field in Canada. Current activities and resources are discussed.

HEALTH AND WELFARE CANADA. (1989). Publications. Ottawa: Minister of Supply and Services Canada.

A list of publications produced by health and Welfare Canada covering topics including alcohol, drugs, community health services, health education in schools, health promotion strategies, and preventive programs and services.

HEALTH AND WELFARE CANADA. (1987). The Active Health Report. Ottawa: Minister of Supply and Services Canada.

Summary and implications of findings of the Canadian Health Promotion Survey.

HEALTH AND WELFARE CANADA (1985). Analyses of Canadian Health Education Print Materials: Preliminary Edition. Ottawa: Minister of Supply and Services Canada.

Provides profiles and analyses of teaching and learning print materials for health education. Supplement published 1987.

HEALTH SERVICES AND PROMOTION BRANCH, HEALTH AND WELFARE CANADA. (1989). Knowledge Development for Health Promotion: A Call for Action. Ottawa: Minister of Supply and Services Canada.

Presents results of research presented in Achieving Health for All (Health and Welfare Canada). Papers are divided into three sections: Challenges, Mechanisms, and Implementation strategies. Topics include alcohol-related problems, cancer prevention and drug problem prevention.

HEALTH AND WELFARE CANADA. (1988). Coordinating Healthy Public Policy. Ottawa: Minister of national Health and Welfare.

An analytic literature review and bibliography on public policy as it relates to health promotion.

***HEALTH AND WELFARE CANADA. (1988). Seven Steps to Better Health Promotion. Ottawa: Minister of Supply and Services Canada.**

A planning guide outlining several steps in health promotion planning based on experience in planning communications programs with community groups.

***HEALTH AND WELFARE CANADA (1986). Achieving Health For All: A Framework for Health Promotion. Ottawa: Minister of Supply and Services Canada.**

Integrates ideas from public health, health education and public policy into a framework for addressing health issues that complements the existing healthcare system. Identifies factors relevant to long-range objectives.

KELLY, J.A. (1988). A Guide to Conducting Prevention Research in the Community: First Steps. New York: Haworth Press.

A guide for the research investigator conducting community-based prevention research. Part One provides guidelines about how researchers can educate themselves about the community. Part Two examines technical aspects of the research process.

***LEGGE, C., SHERLOCK, L. & DICKSON, N. (1989). Alcohol/Drug Education Needs Assessment: (Four B.C. Ethnic Communities). Vancouver: Alcohol-Drug Education Service under contract from Alcohol and Drug Programs, B.C. Ministry of Labour and Consumer Services.**

A study undertaken to assess how alcohol and drug education programs might be extended to better serve the multicultural community in B.C. Data was collected from three primary sources: 1) problem indicators and research findings outlined in the literature, 2) personal interviews with designated key informants for each community, and 3) interviews with selected community members. Includes comprehensive recommendations, both collective and community-specific in scope.

NORMAN, R.M. (1988). Special Study on the Relationship Between Social Networks and Health Promoting Behaviors and Attitudes. Ottawa: Minister of Supply and Services.

Examines comparative importance of beliefs and social influences in predicting health-related behavior. Findings indicate that a modest relationship exists between the perceived wisdom of a health-related behavior change and the intention to carry out such changes. Attitude toward alcohol consumption and proportion of friends who drink heavily are predictive of alcohol consumption. Social network is the most substantial producer of tobacco and marijuana use.

PEDERSON, A.P., EDWARDS, R.K., KELNER, M. MARSHALL, V.W. & ALLISON, K.R. (1988). Coordinating Healthy Public Policy: An Analytic Literature Review and Bibliography. Grant No. 6606-3597-57X, Health and Welfare Canada. Toronto: Department of Behavioral Science, University of Toronto.

Discusses literature and provides bibliography on healthy public policy. Analytic review is divided into sections on the policy development process, implementation, coordinating mechanisms and recommended research.

***PERRY, C.L. & JESSOR, R. (1985). The concept of health promotion and the prevention of adolescent drug abuse. Health Education Quarterly, 12(2), 169-184.**

Describes a health promotion model designed to prevent adolescent drug abuse. The model incorporates (1) the concept of health, (2) behavior change strategies, and (3) the foci of interventions.

PERRY, C.L. (1986) Community-wide health promotion and drug abuse prevention. Journal of School Health, 56(9), 359-363.

Reviews the rationale for community-based prevention and provides three frameworks for action.

PUBLIC HEALTH SERVICE TASK FORCE ON WOMEN'S HEALTH ISSUES (1984). Women's Health: Report on the Public Health Service Task Force on Women's Health Issues. Washington: U.S. Department of Health and Human Services

A review of women's health in the US., factors affecting health and well-being, and recommendations based on findings. Four chapters cover 1) social factors affecting women's health; 2) women's physical health and well-being; 3) health concerns of older women; and 4) issues related to alcohol, drug use and abuse, and the mental health of women. Substance abuse is also addressed in chapters 2 and 3.

PUSKA, P. et al. (1979). Changing the cardiovascular risk in a community: The North Karelia Project. Health Education, 18(3), 7-8, 13.

Describes a comprehensive Finnish heart disease prevention program which can be used as a model for other types of prevention programs. Significant improvements in indices of cardiovascular health were achieved through this community-based program involving multiple strategies.

ROOTMAN, I. (1985). Preventing alcohol problems: A challenge for health promotion. Health Education, 24(1), 2-7.

Describes some alcohol prevention approaches which may be effective. Presented at a World Health Organization workshop on "Assessment of Health Promotion Approaches to the Prevention of Alcohol Problems" in Oslo, Norway in March 1985.

SLEET, D.A., WAGENAAR, A. & WALLER, P. (Eds.). (1989). Drinking, driving, and health promotion [Special issue]. Health Education Quarterly, 16(3).

A special issue dedicated to research on drinking, driving and health promotion. Articles address epidemiology, theory, risk factors, policy alternatives, research needs and resources.

VANCE, J. (1989). Health Policy in Canada. Current Issue Review, ResearchBranch, Library of Parliament. Ottawa: Minister of Supply and Services Canada

Canadian health policy can be divided into two categories: 1) sickness care and preventive health and 2) health promotion. The first category has traditionally been the focus. However, demographic trends indicate that future health improvements may lie with health promotion.

***VERTINSKY, P. (1989). Substance abuse prevention programs: The state of the art in school health. Health Promotion, Spring 89.**

Describes the state of the art of effective health education in the schools, focusing on substance abuse prevention. Identifies potentially useful research about, 1) barriers to effective health education and 2) favourable circumstances for teaching students decision-making skills.

PROGRAM EVALUATION

ALBERT, W.G., SIMPSON, R.I. & EAGLESHAM, J.A. (1983). Evaluation of a drinking and parenting educational program in six Ontario communities. Journal of Drug Education, 13(4). 327-

A study of the effects of an eight-session alcohol education program for parents of young children called "Decisions and Drinking: The Power of Positive Parenting". The program emphasizes role-modelling, decision-making and parental alcohol use. While the program increased participants' knowledge, it adversely affected attitudes toward parenting.

ALLISON, K.R., SILVERMAN, G. & DIGNAN, C. (1990). Effects on students of teacher training in use of a drug education curriculum. Journal of Drug Education, 20(1), 31-46.

A study of the effects of differential teacher training examining the impact of drug education on students' knowledge problem-solving and coping skills, decision-making attitudes, behavioral intentions and tobacco and alcohol use. Teachers received either intensive staff development, in-service training or no training. Intention to drink alcohol was significantly less in students whose teachers received intensive staff development.

BARNES, G.M. (1984). Evaluation of alcohol education - A reassessment using socialization theory. Journal of Drug Education, 14 (2), 133-150.

Discusses the application of socialization theory to adolescent drinking. Suggests that the key roles played by parents and peers as agents of socialization should be acknowledged in designing substance abuse prevention programs.

BRUVOLD, W.M. (1988). Issues in alcohol education and research. Contemporary Drug Problems, Spring, 21-29.

A review of studies conducted on school-based alcohol and tobacco prevention and intervention programs. Synthesizes recommendations for improving quality of evaluation research and presents a table of intervention/prevention models. Recommends more vigorous program evaluations.

CAMPANELLI, P., DIELMAN, T., SHOPE, J., BUTCHARD, A., & RENNER, D.S. (1989) Pretest and treatment effects in an elementary school-based alcohol misuse prevention program. Health Education Quarterly, 16(1), 113-130.

Grade 5 and 6 students in 49 schools were tested for the effects of an alcohol misuse prevention curriculum. A significant increase in students' knowledge of the curriculum content was found. Effects on alcohol misuse measures are expected to emerge on subsequent post tests.

CASSWELL, S. & GILMORE, L. (1989). An evaluated community action project on alcohol. Journal of Studies on Alcohol, 50(4), 339-346.

Describes results of an evaluation of a community action alcohol prevention program. Cities with prevention campaigns maintained constant levels of support for control policies on advertising, availability and price, while levels of support dropped in control cities. Cities with an added community-action component perceived alcohol as significantly less essential to social activities.

DIELMAN, T.E., SHOPE, J.T., BUTCHART, A.T., CAMPANELLI, P.C., & CASPAR, R.A. (1989). A covariance structure model test of antecedents of adolescent alcohol misuse and a prevention effort. Journal of Drug Education, 19(4), 337-361.

In evaluating an alcohol misuse prevention program based on social learning theory, questionnaires were administered to 4,157 junior high school students to determine levels of alcohol misuse, exposure to peer use and misuse of alcohol, susceptibility to peer pressure, locus of control, and self-esteem. The direct effect of the intervention on alcohol misuse was small but significant, but was not significant on other variables. Results also indicate that different approaches to the design and evaluation of substance abuse prevention programs may be necessary for different subgroups of students.

DIELMAN, T.E., SHOPE, J.T., LEECH, S.L. & BUTCHART, A.T. (1989). Differential effectiveness of an elementary school-based alcohol misuse prevention program. Journal of School Health, 59(6), 255-263.

An alcohol misuse prevention program based on social skills development and peer pressure resistance for grades 5 and 6 students was evaluated. Treatment and control groups were post tested at 2, 14 and 26 months following intervention. Results indicate the program reduced the rate of increase in alcohol use among students.

DIELMAN, T.E. at al. (1986). Prevention of adolescent alcohol misuse: An elementary school program. Journal of Paediatric Psychology. 11(2), 259-281.

Describes a large-scale alcohol prevention program teaching social skills to students in grades 5 and 6. Results indicate that although students in the treatment group exhibited greater awareness, patterns of use and misuse were not significantly different from the control group.

DEL GRECO, L. et al. (1986). Four-year results of a youth smoking prevention program using assertiveness training. Adolescents, 21(83), 631-640.

Describes results of an assessment on how an assertiveness training program affects smoking behaviour, including differential impacts on boys and girls. Results were inconclusive.

ENGLANDER-GOLDEN, P., ELCONIN, J., MILLER, K. & SCHWARZKOPF, A. (1986). Brief SAY IT STRAIGHT training and follow-up in adolescent substance abuse prevention. Journal of Primary Prevention, 6(4), 219-

Five and seven-day SAY IT STRAIGHT training given to students in grades 5-8 was compared with 10-day training given to grades 6-8. The shorter training models resulted in significantly higher assertive/levelling attitudes but changes were not all attributed to the length of training. Alcohol-drug related school suspensions were significantly lower for students who had received training than for those who had not.

FLAY, B.R. (1985). Psycho-social approaches to smoking prevention: A review of the findings. Health Psychology, 4(5), 449-488.

A review of 27 school-based studies of smoking prevention strategies based on the psycho-social approach. Recommendations for future research are offered.

GOODSTADT, M.S. & CALEEKAL, J.A. (1984). Alcohol education programs for university students: A review of their effectiveness. International Journal of the Addictions, 19(7), 721-741.

Reviews 14 alcohol education programs targeting university students and suggests ways to improve them. Authors conclude that programs are effective in spite of their weaknesses.

***GOODSTADT, M.S. (1984). Alcohol and drug education: Models and outcomes. Health Education Monographs, 6(3)**

An important analysis of alcohol and drug education models to 1978. Stresses the critical need to match models with expected outcomes. Failure to do so, argues Goodstadt, can condemn the program to failure.

GONZALEZ, G.M. (1982). Alcohol education can prevent alcohol problems: A summary of some unique research findings. Journal of Alcohol and Drug Education, 27(3), 2-12.

Describes research which indicates that alcohol education based on the "knowledge - attitude-behavior" model can reduce alcohol problems.

GLICKSMAN, L. et al. (1983). The impact of a high school alcohol education program utilizing a live theatrical performance: A comparative study. Journal of Drug Education, 13(3), 229-248.

Describes an evaluation of short-term effects of theatrical performances about alcohol on the alcohol-related knowledge, attitudes and behavior of grade 9 and 10 students in Ontario.

HAMMES, M. (1986). Teaching decision making to a sixth grade population. Journal of Drug Education, 16(3), 233-242.

A study conducted to determine if grade 6 students were able to learn resistance skills and identify them in a video tape. Results indicate that such skills and knowledge can be successfully acquired.

KLITZNER, M., GRUENEWALD, P.J. & BAMBERGER, E. (1990). The assessment of parent-led prevention programs: A preliminary assessment of impact. Journal of Drug Education, 20(1), 77-94.

Describes results of a study on the impact of parent-led prevention groups on their children's drug and alcohol use, family relations and parental control of children's social

activities. While family relations and parental control of children's social activities improved, impact on children's drug and alcohol use was weak.

KIM, S. (1981). Student attitudinal inventory for outcome evaluation of adolescent drug abuse prevention programs. Journal of Primary Prevention, 2(2), 91-102.

Describes the "High-Risk Student Attitudinal Inventory" which can be used for the outcome evaluation of primary prevention programs. Measures seven attitudinal syndromes.

KION, S., et al (1984). An outcome evaluation instrument for alcohol education, prevention and intervention programs. Journal of Drug Education, 14 (4), 331-346.

Describes the Alcohol Education Evaluation Instrument (AEEI) designed to measure the effectiveness of alcohol education programs. Some applications are described.

LeCROY, C.W. & ROSE, S.D. (1986). Evaluation of preventative interventions for enhanced social competence in adolescents. Social Work Research and Abstract, 22(8), 8-16.

A study of the relative effectiveness of four prevention methods for early adolescents designed to increase social competence; problem solving, social skills, social cognitive and attention control. Findings indicate that a combination of approaches is most effective.

LODISH, D. (1985). Preventing smoking. In L.D. Gilchrist & S.P. Schinke (Eds.), Preventing Social and Health Problems Through Life Skills Training, (pp. 73-81). Seattle: Centre for Social Welfare Research, University of Washington.

Describes research measuring how life skills training has contributed to the prevention of smoking by young adolescents.

***LOHRMANN, D.K. & FORS, S.W. (1986). Can school-based educational programs really be expected to solve the adolescent drug abuse problem? Journal of Drug Education, 16 (4), 327-339.**

Reviews recommendation made in 1984 Rand Corporation report that preventive education is most effective means of preventing adolescent drug abuse. Concludes that many factors affecting adolescent drug use are outside the jurisdiction of schools.

MALONEY, S.K. & HERSEY, J.C. (1984). Getting messages on the air: Findings from the 1982 alcohol abuse prevention campaign. Health Education Quarterly. 11(2), 273-292.

Describes the effectiveness of a program based on alcohol-related public service broadcasts. Campaign impacts were limited; possible reasons are discussed.

MASSEY, R.F. & NEIDIGH, L.W. (1990). Evaluating and improving the functioning of a peer-based alcohol abuse prevention organization. Journal of Alcohol and Drug Education, 35(2).

The functioning of a peer-based alcohol abuse prevention organization was evaluated. Evaluation results were used to improve its functioning by (1) increasing student control, (2) enhancing cohesiveness, and (3) providing training in leadership skills and alcohol prevention. Changes positively affected the organization's functioning.

MAY, P.A. & HYMBAUGH, K.J. (1989). Macro-level fetal alcohol syndrome prevention program for Native Americans and Alaska natives: Description and evaluation. Journal of Studies on Alcohol. 59(6), 508-518.

Describes a program designed to provide native communities in the U.S. with the knowledge, skills and strategies required to implement their own primary, secondary and tertiary prevention programs. Training and ongoing support was given to trainers and advocates from all communities served by the Indian Health Service. Evaluation indicates that local trainers were successful in imparting knowledge to groups in their communities, who retained the knowledge over time (2-4 months).

MILGRAM, G.G. (1987). Alcohol and drug education programs. Journal of Drug Education, 17 (1), 43-57.

Discusses the design, implementation and evaluation of alcohol and drug education programs, including philosophy, policy, goals, content methodology and evaluation.

MOSKOWITZ, J.M. (1989). The primary prevention of alcohol problems: A critical review of the research literature. Journal of Studies on Alcohol, 50 (1), 54-88.

Moskowitz critically reviews research about primary prevention, organized into four main categories: (1) policies, (2) formal social controls, (3) primary prevention programs and (4) environmental safety measures. The effectiveness of three measures are generally supported: raising the legal drinking age to 21, increasing alcohol taxes and greater enforcement of drinking-driving laws.

MOSKOWITZ, J.M. et al. (1984). Evaluation of a substance abuse prevention program for junior high school students. International Journal of the Addictions, 19(4), 419-430.

Two groups of students were exposed to different prevention strategies. Positive program impacts were found among females, but no effects were found among males.

NUTTER, C. & SKIRROW, J. (1984). Evaluation of a Multi-Faceted Adolescent Alcohol Prevention Program. Edmonton: Alberta. Alcohol and Drug Abuse Commission.

Describes evaluation of AADAC's multi-faceted adolescent alcohol prevention program which has a strong media-based component. Paper presented in Athens, Greece to the 30th International Institute on the Prevention and Treatment of Alcoholism, 1984.

POWERS, S. & MILLER, C. (1987). Effects of a drug education program on third and fourth grade pupils. Journal of Alcohol and Drug Education, 33 (1), 25-30.

A drug and alcohol education program was administered to third and fourth grade students in 21 elementary schools. Pre-post measures showed a significant increase in decision-making and self esttem scores among the sample.

ROHRER, G.E., et al (1984). An alcohol and traffic safety program for institutionalized juvenile offenders. Journal of Alcohol and Drug Education, 29 (2), 40-43.

Describes prevention program designed to educate institutionalized delinquents about alcohol and traffic safety. Results indicate positive program impacts.

RUNDALL, T & BRUVOLD, W. (1988). A meta-analysis of school-based smoking and alcohol use prevention programs. Health Education Quarterly, 15 (3), 317-334.

A meta-analysis including 47 smoking and 29 alcohol prevention school-based programs. Results indicate that programs have more effect on immediate than long-term behaviourial outcomes, and that smoking interventions have been more successful than alcohol interventions on long-term behaviour.

SCHAPS, E. et al. (1982). Process and outcome evaluation of a drug education course. Journal of Drug Education, 12(4), 353-364.

Describes evaluation of a drug education course for junior high school students focusing on tobacco, alcohol and marijuana. Tested drug knowledge, perception of peer attitudes, and personal use. Predicted effects were found for grade 7 females, but not other groups.

SCHINKE, S.P. & BLYTH, B.J. (1981). Cognitive-behavior prevention of children's smoking. Cognitive Behavior Therapy, 3(4), 25-42.

Describes a smoking prevention program for grade 6 students combining cognitive and behavioral methods. Evaluation results indicate that program had a beneficial impact at post-test and follow-up.

SEVERSON, H.H. (1984). Adolescent social drug use: School prevention programs. School Psychology Review, 13 (2), 150-161.

Reviews social drug use by adolescents and school-based prevention programs. Programs providing social skills training appear to effectively reduce alcohol, tobacco, and marijuana use. School psychologists can be instrumental in facilitating programs, involving parents and providing referrals.

TARNAI, J. et al. (1981). On re-tooling the teachers: An evaluation of teacher training in alcohol education. Journal of Alcohol and Drug Education, 27(1), 34-45.

Compares questionnaire results of teachers who had completed training with those who had not. Results indicate that while knowledge and skills improved with training, attitudes toward alcohol abuse did not.

THOMPSON, J.C., SKIRROW, J. & NUTTER, C. (1987). The AADAC Prevention Program for Adolescents: Achieving Behavior Change. Edmonton: Alberta Alcoholism and Drug Abuse Commission.

Describes results of third and fourth waves of a household survey conducted to determine if impacts of a community prevention campaign in Alberta were maintained over time.

***TOBLER, N.S. (1986). Meta-analysis of 143 adolescent drug prevention programs: Quantitative outcome results of program participants compared to a control or companion group. Journal of Drug Issues, 16(4), 1986, 537-567.**

A meta-analysis was conducted on 143 adolescent drug prevention programs to identify the most effective methods for reducing drug use by teens. Programs emphasizing lifekills, especially refusal skills, emerged as most effective in achieving behaviour change.

WEISHEIT, R.A. (1983). The social context of alcohol and drug education: Implications for program effectiveness. Journal of Alcohol and Drug Education, 29 (1), 72-81.

Criticizes design and evaluation of alcohol and drug education programs. Poor design units impact on adolescent substance use. Because evaluators assess only particular aspects of programs, their definition of success is narrow and subsequent input into programs is limited.

WHITEHEAD, P.C. & GLIKSMAN, L. (1985). Parent Education: A Review and Analysis of Drug Abuse Prevention and General Programs. Ottawa: Minister of Supply and Services Canada.

This publication lists and describes general parent education programs, alcohol/drug parent education programs and related parent education materials. Descriptions are divided into categories including goals, objectives, learning techniques, theoretical approach and evaluation.

WODARSKI, J.S. (1988). Teams-games-tournaments: Teaching adolescents about alcohol and driving. Journal of Alcohol and Drug Education, 33 (3), 46-57.

Discusses factors influencing adolescent drinking and consequences of drinking. Describes "Teams-Games-tournaments", an educational technique emphasizing self-management skills in respect to alcohol use. Evaluation indicates that students and teachers preferred the method to traditional approaches.

BIBLIOGRAPHIES AND GUIDES

ADDICTION RESEARCH FOUNDATION. (1988) Alcohol and Drug Policies: A Guide for School Boards. Toronto: Author.

A policy blueprint which addresses the legal rights, powers and obligations of educators regarding student alcohol and drug use. Speaks to questions about students' legal rights, authority to search students and lockers, police involvement and others

ADDICTION RESEARCH FOUNDATION. (1989). Drug Education Resource Directory: Recommended Films and Videotapes

Describes 138 videotapes recommended for use at the primary, junior, intermediate and senior levels. Each entry identifies the subject, target, format, producer and distributor. The main themes of the entry and evaluation information are included.

ADDICTION RESEARCH FOUNDATION. (1990). Education Materials Catalogue 1989-90. Toronto: Author.

A catalogue of educational material about alcohol and other drugs published by the Addiction Research Foundation. Includes books, pamphlets, videos, computer software and other materials. Descriptions and prices of materials are provided.

ALBERTA ALCOHOL AND DRUG ABUSE COMMISSION. (1989). 1989 Resources Catalogue. Edmonton: Author.

A catalogue of AADAC prevention and treatment resource materials. Brief description and price are included.

ALCOHOL AND DRUG PROGRAMS LIBRARY. (1990). Videocassette Catalogue

A catalogue of video resources available for loan to registered borrowers. Describes how to become a registered borrower (agencies, organizations, institutions are eligible). Contents

categorized into alcoholism, drugs, seniors, women, natives, youth, employee assistance programs, stress, counselling and others.

***BRITISH COLUMBIA MINISTRY OF HEALTH (1989). Healthy Communities: The Process. Victoria: Author.**

A guide book written for volunteers, community leaders, elected officials and health professionals wanting to build healthy communities. Discusses process in five stages: the entry phase, needs assessment phase, planning phase, doing phase and renewal phase.

BRITISH COLUMBIA MINISTRY OF HEALTH (1989). Healthy Connections: Community Health Promotion for Children, Youth and Families. Victoria: Ministry of Health.

A kit for community action in health promotion. Provides models, gives examples of available resources, and encourages the development of community health action plans; particularly useful in networking with other organizations.

CALIFORNIA OFFICE OF THE ATTORNEY GENERAL (1987). Schools and Drugs: A Guide to Drug and Alcohol Abuse Prevention Curricula and Programs. Sacramento: CA Office of the Attorney General.

Reviews and assesses school-based prevention programs used in the U.S.

CATLIN, G. (1988). Guidelines for Community-Based Health Promotion Surveys. Canada's Health Promotion Survey, Health and Welfare Canada. Ottawa: Minister of Supply and Service.

Report commissioned by the Health Promotion Directorate to provide guidelines to conducting health promotion surveys on smaller jurisdictions such as municipalities, health districts, cities, etc. Step-by-step guidelines are provided on how to conduct the survey and implement the questionnaire.

***GIRDANO, D.A. & DUSEK, D.E. (1988). Drug Education: Content and Methods. New York: Random House.**

A guide for teachers at the secondary (junior and senior) and college level which provides; 1) the latest scientific knowledge about the social, psychological and physiological effects of drugs that can be included in course contents and 2) a presentation guide covering classroom methods, activities and discussion topics. Emphasizes personal development and decision-making skills as well as facts about drugs.

GLYNN, T.J. (Ed.). (1983). Drug Abuse Prevention Research. Research Issues #33, U.S. Department of Health and Human Services, Rockville, MD: National Institute on Drug Abuse.

Summarizes literature which is representative of that published between 1974 and 1983, organized into literature reviews, theoretical and issues-oriented reports and data-based studies.

***HEALTH AND WELFARE CANADA (1990). Life Skills Programs for School Use. Ottawa: Minister of Supply and Services Canada.**

Developed as part of the National Drug Strategy to assist teachers and administrators in education and prevention. Section I includes needs assessment and evaluation instruments for grades 5 to 8 students, Section II outlines program selection considerations and Section III describes 36 suitable life skills programs. Not yet available as of this printing.

INSURANCE CORPORATION OF BRITISH COLUMBIA (1988). How to Promote Traffic Safety in the Community: A Step-By-Step Guide. Vancouver: Author.

A practical guide to implementing community traffic-safety strategies, organized into six steps: 1) form an action group, 2) find out the problems, 3) choose the priority, 4) plan the campaign, 5) carry out the plan, and 6) evaluate the success of the campaign.

JACOBS, M.R. & FEHR, K.O. (1987). Drugs and Drug Abuse - a Reference Text. Toronto: Addiction Research Foundation.

A compendium of legal and illegal drugs and their effects. Covers both commonly and lesser known drugs. Recommended for health, legal and education professionals as well as anyone with an interest in this field.

***KAISER SUBSTANCE ABUSE FOUNDATION (1990). Directory: Substance Abuse Services in British Columbia. Vancouver: Author.**

A partnership between Kaiser Substance Abuse Foundation and B.C. Alcohol and Drug Programs, this directory provides information on treatment, prevention, and research services in B.C. Updated annually.

***KENYON, R. & SAWKA, E. (1987). Primary Prevention of Substance Abuse: An Annotated Bibliography of Related Literature, (1981-1987). Edmonton: Alberta Alcohol and Drug Abuse Commission.**

A bibliography of literature related to substance abuse published between 1981 and 1987. Contains sections on alcohol, illicit drugs, pharmaceuticals, solvent/inhalants, tobacco, and overall references. Sub-categories include research, policy, theories, programs, international, historical and general. Excludes program resource material.

MacDONALD, S. (1989). Drug Use: Strategies for Schools. Vancouver: EduServ Inc.

Provides an overview of how schools can address drug use. Topics covered include strategies for schools (e.g. setting policy, community support, prevention, intervention and curriculum resources), legal issues, basic information on drugs, and resources available in Canada and the U.S.

NATIONAL INSTITUTE ON ALCOHOL ABUSE AND ALCOHOLISM (1984). Prevention Plus: Involving Schools, Parents and the Community in Alcohol and Drug Education (DHHS Publication No. (ADM) 884-1256) Washington, DC: U.S. Government Printing Office.

Guide for prevention activities providing model strategies and programs for schools and communities. Produced by U.S. Federal Government.

NATIONAL INSTITUTE ON DRUG ABUSE, PREVENTION BRANCH (1977). Primary Prevention on Drug Abuse: An Annotated Guide to the Literature. Rockville, MD: Authors.

Dated but very useful for anyone researching drug abuse prevention prior to 1977. Contains sections on education and training, community action, multimedia, information sources and evaluation.

NATIONAL STEERING COMMITTEE ON IMPAIRED DRIVING COMMUNITY-BASED PROGRAMS WORKING GROUP. (1990). The Road to Curb Impaired Driving: A Manual to Help Community Groups Who Want to Take Action. Ottawa: Minister of Supply and Services Canada.

Provides guidelines on how to curb impaired driving at the community level, including information about impaired driving, how to mobilize your community (six steps), and where to get more information.

NOVA SCOTIA COMMISSION ON DRUG DEPENDENCY (1989). School Drug Policy and Procedure Manual. Halifax: Author.

A manual designed to provide school professionals with guidelines for planning prevention and intervention strategies. Consists of three sections: 1) Policy Guidelines, for developing policies; 2) Strategies for School Professionals, on implementing school policy; and 3) Student Assistance Process Manual.

SCHLAADT, R.G. (1986). Drugs of Choice: Current Perspectives on Drug Use (2nd Edition). Englewood Cliffs, N.J.: Prentice-Hall.

Text discussing drug pharmacology, treatment and prevention issues.

SOLOMON, R., HAMMOND, T. & LANGDON, S. (1986). Drug and Alcohol Law for Canadians. Toronto: Addiction Research Foundation.

A handbook about drug and alcohol laws in Canada and the legal consequences of their violation. Questions and discussion materials accompany most chapters. Includes information about Ontario laws.

SOLOMON, R. (1988). The Legal Rights, Powers and Obligations of Educators Regarding Student Alcohol and Drug Use. Toronto: Addiction Research Foundation.

Legal issues of relevance to educators in respect to student alcohol and drug use are covered in detail. Intended as a companion to Alcohol and Drug Policies: A Guide for School Boards (Addiction Research Foundation, 1988).

***STEEP, B.J. (1989). Drug Education Resources Directory, Toronto: Addiction Research Foundation**

A directory of alcohol and other drug education resources designed to assist teachers in selecting programs and materials. Divided into several modules; primary (K-Grade 3), junior (grades 4-6); intermediate (Grades 7-10), senior (grades 11 and up), recommended films and videotapes and resources in French. Descriptions include format, description, evaluation, suggested use and where available.

U.S. DEPARTMENT OF EDUCATION (1988). Drug Prevention Curricula: A Guide to Selection and Implementation. Washington, DC: U.S. Department of Education, Office of Educational Research and Improvement

A brief guide to schools involved in selecting substance abuse curricula. Provides suggested guidelines for choosing programs.

VERTINSKY, P. & MANGHAM, C. (1991). Making It Fit: Matching Substance Abuse Prevention Strategies to School and Community Needs. Victoria: B.C. Alcohol and Drug Programs.

This manual outlines various prevention strategies, stressing the need for a comprehensive framework for prevention/health promotion. It reviews school-based curriculum models, offering several selection criteria and comparing a number of common school-based programs using these criteria. Ten attributes are described which can affect the appropriateness of health promotion strategies. Generic strategies are then discussed in terms of these attributes. This manual is intended as a resource for discussion of strategy selection and implementation.

WHITEHEAD, P.C. & GLIKSMAN, L. (1985). Parent Education: A Review and Analysis of Drug Abuse Prevention and General Programs, Health and Welfare Canada, Minister of Supply and Services Canada (Health Promotion Directorate)

This publication lists and describes general parent education programs, alcohol/drug parent education programs and related parent education materials. Descriptions are divided into categories including goals, objectives, learning techniques, theoretical approach and evaluation.

SCHOOL-BASED PROGRAMS

SCHOOL-BASED PROGRAMS

Elementary School Programs

Title: **A Question of Life**
Author: **Halladay, G., Roch, F. et al.**
Producer: **Vancouver: Pacific Educational Press, U.B.C.**
Date: **1987**
Target: **Grade 4 (OTHER TITLES AVAILABLE FOR OTHER GRADES)**

Description: *Consists of six lessons for grade 4 students about alcohol and other drugs based on a story about people from outer space. Self-awareness, decision-making, peer pressure, what drugs are and short-term effects of alcohol and tobacco are covered.*

Available From: Pacific Educational Press
2173 West Mall
University of British Columbia
Vancouver, B.C. V6B 1Z5
Telephone: (604) 228-5385

Cost: $10.00

Title: **Be Smart, Don't Start**
Producer: **National Clearinghouse for Alcohol Information**
Date: **1987**
Target: **Grades 3-7**

Description: *A program designed to prevent alcohol use among youth, grades 3-7. Questions and answers about alcohol, decision-making, where to ask for help and suggested activities are included. Accompanied by a teacher's guide "Helping Your Students Say No to Alcohol" and a parent's guide "Helping Your Child Say No to Alcohol".*

Available From: Wisconsin Clearinghouse on Drug and Alcohol Information
P.O. Box 1468
Madison, WI 53701
U.S.A.
Telephone: (608) 263-2797

Cost: Unknown

Title: **CODE: Canadian Offensive on Drug Education**
Producer: **North York Board of Education and Canadian Association of Chiefs of Police; Ottawa: Canadian Association of Chiefs of Police**
Date: **1989**
Target: **Grades 5-8**

Description: *Designed for children in grades 5 through 8, this program is designed to help students understand the decision-making process, to become more knowledgeable about drugs and to be better equipped to deal with drug issues. Teachers are encouraged to adapt program; recommended class time is not given. Consists of two videos, "Choose" and "The Open Flame", and accompanying teacher's guides.*

Available From: CODE
Canadian Association of Chiefs of Police
112 Kent Street
Suite 1908, Tower B
Ottawa, Ontario K1P 5P2
Telephone: (613) 233-1106
or Local Police

Cost: No charge

Title: **Facts, Feelings, Family and Friends; Alcohol and Other Drug-Use Prevention Through Life Skills Development**
Author: **Christensen, L.**
Producer: **Minneapolis: Johnson Institute**
Date: **1990**
Target: **Kindergarten-Grade 6**

Description: *A program designed for use in elementary schools which focuses on prevention through life skills development. Five major life skills are emphasized: feeling-processing skills, decision-making skills, behavioral follow-through skills, communication skills and refusal skills. Factual information and a section on learning about community service are provided at each level. Pre and post-tests are also included.*

Available From: The Johnson Institute
7151 Metro Blvd.
Minneapolis, MN 55439-2122
U.S.A.
Telephone: 1-800-447-6660

Cost: $294.65

Title: **Growing, Together: A Substance Abuse Prevention Program for Elementary School Age Children of Alcoholic Parents**
Producer: **Pennsylvania Office of Drug and Alcohol Programs**
Date: **1987**
Target: **Elementary, Ages 6-12**

Description: *A program designed to teach decision-making, problem-solving, communication and social interaction skills. Manual includes information about selection and recruitment of participants, staffing, physical facilities, evaluation and resources. Three separate curricula are included, for parents, 9-12 year olds, and 6-8 year olds. Each consists of 12 sessions including alcoholism and the family, communication, feelings and decision-making.*

Available From: Alcohol and Drug Programs Library
Ministry of Labour and Consumer Services
5th Flr., 1019 Wharf Street
Victoria, B.C. V8V 1X4
Telephone: (604) 387-387-4783

Cost: On loan only.

Title: **Healthy Choices: Resource Book 1: Using Drugs Safely**
Author: **Gibb, S.**
Producer: **Doubleday Canada Ltd.**
Date: **1985**
Target: **Elementary, Ages 8-12**

Description: *The first in a series of three program guides for teachers which involves peers, family, school and community. Resource Book 1 covers three lessons which focus on facts about drugs, safe and unsafe drug use, side effects and peer pressure. Outlines pre-lesson preparation, lesson content and activities, evaluation and includes activity masters.*

Available From: Collier-McMillan Canada Inc.
539 Collier-McMillan Drive
Cambridge, Ontario N1R 5W9

Cost: $18.24

Title: **Healthy Choices: Resource Book 2: Smoking**
Author: **Gibb, S.**
Date: **1985**
Author: **Doubleday Canada Ltd.**
Target: **Elementary, Ages 8-12**

Description: *Outlines Healthy Choices program guide for teachers consisting of three resource books. Resource Book 2, Smoking, outlines three lessons including facts about smoking, choices, peer pressure, habit formation, health problems and sources of help.*

Available From: Collier-McMillan Canada Inc.
539 Collier-McMillan Drive
Cambridge, Ontario N1R 5W9
Telephone: 1-800-265-8675

Cost: $18.24

Title: **Healthy Choices: Resource Book 3: Drinking**
Author: **Gibb, S.**
Producer: **Doubleday Canada Ltd.**
Date: **1985**
Target: **Elementary, Ages 8-12**

Description: *Outlines Healthy Choices program guide for teachers consisting of three resource books. Resource Book 3, Drinking, outlines three lessons including facts about alcohol, understanding the role alcohol plays, why people drink (don't drink), peer pressure, alcohol abuse and sources of help.*

Available From: Collier-McMillan Canada Inc.
539 Collier-McMillan Drive
Cambridge, Ontario N1R 5W9
Telephone: 1-800-265-8675

Cost: $18.24

Title: **Here's Looking At You: 2000**
Producer: **Roberts, Fitzmahan & Associates**
Seattle: Comprehensive Health Education Foundation
Date: **1986**
Target: **Grades Kindergarten-Grade 12**

Description: *Designed to reduce risk factors associated with drug use in young adolescents. Twenty-one lessons for each of grades 5 and 6 include basic information, self-concept enhancement, social skills, refusal skills, coping skills and sources of help. Forty lessons for grades 7 and 8 include risk factors, drugs and the media, self-concept, social skills, coping skills, decision making skills, appropriate party activities, living with a chemical-dependent family and sources of help. Other grades have similar makeup.*

Available From: Comprehensive Health Education Foundation
22323 Pacific Highway South
Seattle, Washington 98198
U.S.A.
Telephone: (206) 824-2907

Cost: Sample Cost:

Grade 5 Kit	$1,095.00
Grade 6 Kit	$1,150.00
Grades 7-9 Kit	$ 940.00

Inservice Training Required: Approximately $1,000.00 per person.

Title: **The Hole in the Fence**
Producer: **Health and Welfare Canada, Minister of Supply and Services**
Date: **1975**
Target: **Kindergarten-Grade 3**

Description: *A story book with 19 vegetable characters whose interactions form the basis of discussion about peer pressure, misunderstandings, lying, stealing, medical drug use, making choices and sexual equality. Accompanied by a teacher's guide and a family guide.*

Is being updated.

Available From: Worldwide Books and Maps
736A Granville Street
Vancouver, B.C. V6Z 1G3
Telephone: (604) 687-3320

Cost: $4.50

Title: **Interact: An Alcohol and Drug Education Program for Youth at Risk**
Author: **Spectrum College and Consulting Ltd.**
Producer: **Alcohol-Drug Education Service**
Date: **1990**
Target: **At risk youth**

Description: *Designed for use in alternate schools, group homes, and other settings for youth at particular risk of becoming involved in substance abuse. Ten modules, focusing on life skills development, include drug facts, self-awareness, assertiveness, coping and stress management. Facilitator's guide, Participant manuals (Junior and Senior levels).*

Available From: Alcohol-Drug Education Service
302 - 96 East Broadway
Vancouver, B.C. V5T 1V6
Telephone: (604) 874-3466

Cost:

Facilitator's Guide	$14.00
Junior Level Manual	$10.00
6+ Copies	$ 7.00
Senior Level Manual	$10.00
6+ Copies	$ 7.00

Title: **Kids and Cops: Partners in Drug Prevention**
Author: **Silverman, G.**
Producer: **Ottawa: Canadian Association of Chiefs of Police**
Date: **1989**
Target: **Grade 6**

Description: *Designed to inform school children about the dangers of drug abuse. Includes five presentation plans for police to use with grade 6 students: drugs, risks and consequences; influences on decisions; drug use and alternatives; saying "no" to drugs; and rules and laws.*

Available From: Canadian Association of Chiefs of Police
112 Kent Street, Suite 1908, Tower B
Ottawa, Ontario K1P 5P2
Telephone: (613) 233-1106

Cost: Not stated.

Title: **The Magic Circle - Human Development Program**
Author: **Palomares, U. & Ball, A.**
Producer: **Edmonton: EDUCOM, Human Development Training Institute**
Date: **Unknown**
Target: **Grades 5 & 6/ages 10-12 (avail. K-6)**

Description: *Designed to enhance awareness of self and others, communication skills, social skills, responsibility and conflict management. The "Magic Circle" curriculum consists of 10 units per grade based on three themes: awareness, social interaction and mastery. The "Conflict Management" curriculum consists of 37 positive ways to handle conflict learned through role playing.*

Available From: EDUCOM
Human Development Training Institute
8422 - 109th Street
Edmonton, Alberta T6G 1E2
Telephone: (403) 439-7447

Cost: Resource Set $139.00

Title: **Making Decisions: An Approach to Prevention**
Authors: **Mangham, C. & Green, L.**
Producer: **Alcohol-Drug Education Service**
Date: **1983**
Target: **Grade 6**

Description: *Designed for grade six students who have had little contact with or do not habitually use substances. Consists of eight 45 minute lessons focusing on the development of decision-making skills (making decisions thoughtfully, independently and carefully) and the application of these skills to the use of alcohol, tobacco or other drugs. Uses "Look-Think-Decide" decision-making model*

and includes training video "Children and Choices". In-service training, provided at no cost, is required with this program.

Available From: Alcohol-Drug Education Service
302 - 96 East Broadway
Vancouver, B.C. V5T 1V6
Telephone: (604) 874-3466

Cost: In-service Training Kit (three teacher's manuals, three in-service handbooks, one leader's guide, 1 video) $75.00. Components can be purchased individually.

Title: **Making Decisions II: Choosing a Drug-Free Lifestyle**
Authors: **Brown, B. & Mangham, C.**
Producer: **Alcohol-Drug Education Service**
Date: **1988**
Target: **Grade 7**

Description: *Designed for grade seven students, to provide them with the information and skills needed to make responsible decisions about alcohol, tobacco and other drugs. Consists of nine 60 minute lessons based on Look-Think-Decide decision-making method. A video portraying four peer situations, is used to stimulate discussion. In-service training, provided at no cost, is required with this program.*

Available From: Alcohol-Drug Education Service
302 - 96 East Broadway
Vancouver, B.C. V5T 1V6
Telephone: (604) 874-3466

Cost:

Teacher's Manual	$10.00
Video	$25.00
Set of Both	$32.50

Title: **Me-Me: Drug Prevention Education Program**
Producer: **Me-Me, Inc.**
Date: **1987**
Target: **Grades 5 & 6 (avail. K-6)**

Description: *Designed to enhance self-concepts and develop decision-making skills in children to provide them with appropriate information. Recommends one hour per week*

throughout school year on topics such as feelings, decision-making (individual and group), attitudes, advertising, and reasons for abuse. In-service training required.

*Available From: Me-Me, Inc.
426 West College Avenue
Appleton, Wisconsin 54911
U.S.A.
Telephone: (414) 735-0114

Cost: In-service for groups up to 20:
$475.00/person, plus trainer's expenses and fees.

Title: **Miraculous Me**
Author: **Nickerson, C., Lollis, C. & Porter, E.**
Producer: **Seattle: Comprehensive Health Education Foundation**
Date: **1980**
Target: **Kindergarten-Grade 6**

Description: *A book about how to build children's self-esteem. Part I addresses the philosophy of self-esteem with reference to the teacher and Part II provides classroom activities with step-by-step instructions.*

Available From: Comprehensive Health Education Foundation
22323 Pacific Highway South
Demoine, WA 98198-5997
U.S.A.
Telephone: (206) 824-2907

Cost: $12.95

Title: **Mission D.A.D.: Decisions About Drugs**
Authors: **Carole Legge (booklet); Colin Mangham (Teacher's Guide)**
Producer: **Alcohol-Drug Education Service**
Date: **1987**
Target: **Grade 4**

Description: *Student booklet and teacher's guide designed for use at the grade 4 level. Story follows "Gweedo", an alien from outer space who visits earth to find out about*

"people and drugs". Centres on importance of developing positive feelings and friendships, and on making healthy choices.

Available From: Alcohol-Drug Education Service
302 - 96 East Broadway
Vancouver, B.C. V5T 1V6
Telephone: (604) 984-3466

Cost: 85¢ per booklet in class sets of 18 or more
$1.25 if purchased singly.
Teacher's guide free with class sets.

Title: **Octopuff Mini-Unit**
Producer: **The Lung Association**
Date: **1986**
Target: **Kindergarten-Grade 2**

Description: *A teaching guide to be used with the film "Octopuff in Kumquat" which illustrates how smoking and air pollution can be harmful. Includes games and classroom activities. Staff educators from The Lung Association present this program in schools.*

Available From: The Lung Association of British Columbia
906 West Broadway
Vancouver, B.C.
Telephone: (604) 731-4961

Cost: No charge for presentation.

Title: **PACE: Police Assisting Community Education**
Producer: **Nova Scotia Commission on Drug Dependency and the Royal Canadian Mounted Police**
Date: **1989**
Target: **Grades 5-8/Ages 9-14**

Description: *Consists of 16 thirty minute lessons for grades 5 to 8 (ages 9-14). Four lessons are designed for each grade level, one providing legal information, one on "you and the group", one on myths and realities and finally one on alternatives. Includes an introduction to the program, a training manual and lesson plans.*

Available From: Drug Awareness Co-ordinator
Local RCMP

Cost: No charge.

Title: **The PAL (Peer Assisted Learning) Smoking Prevention Program**
Producer: **Health and Welfare Canada; Ottawa, Minister of Supply and Services Canada**
Date: **1986**
Target: **Grades 6 & 7**

Description: *A peer-assisted, active learning approach to attitudes, ideas and life skills for 11-13 year olds (grades 6 & 7). Small discussion groups of 4-6 students remain intact throughout the lessons. Topics include starting and quitting, social pressures, saying "no thanks", advertising and staying a non-smoker.*

Available From: Canadian Government Publishing Centre
Ottawa, Ontario K1A 0S9
Telephone: (819) 956-4802

Cost: $19.95
Please make payable to "The Receiver General for Canada"

Title: **PICADA Curriculum: Prevention and Intervention Center for Alcohol and Other Drug Abuse**
Author: **Remick-Lenox, K., Murphy, K. & Smith, K.**
Producer: **University of Wisconsin**
Date: **1989**
Target: **Grades 5-8**

Description: *Designed to help students choose a drug-free lifestyle. Grade 6 program "Safe or Risky", grade 7 program "Friends and Choices" and grade 8 program "Reason and Responsibility" consist of 15 lessons each. Topics include decision-making skills, assertiveness skills, advertising, values, peer pressure and resources. "Teens Teach Teens" (1986-87) also targets grades 6, 7 and 8 and is a semester-long program covering topics such as teaching classroom management skills, positive role models and prevention strategies.*

Available From: Wisconsin Clearinghouse
University of Wisconsin

Office of the Dean of Students
P.O. Box 1468
Madison, Wisconsin 53701
U.S.A.
Telephone: 1-800-262-6243

Cost: $50.00 each or $130.00 for three

Title: **Positive Life-Using Skills 1 (PLUS 1)**
Author: **Malik, C.**
Producer: **Scarborough, Ontario: Alcohol and Drug Concerns, Inc.**
Date: **1985**
Target: **Grades 4, 5, 6**

Description: *Designed to encourage childrens' self-care, well-being and responsibility as well as to strengthen their self-esteem, self-discipline, problem solving, planning and decision-making skills. Ten lessons for each of grades 4, 5 and 6 are included.*

Available From: Alcohol and Drug Concerns, Inc.
11 Progress Avenue, Suite 200
Scarborough, Ontario M1P 4S7
Telephone: (416) 293-3400

Cost: $4.00

Title: **Positive Life-Using Skills II (PLUS II)**
Author: **Malik, C.**
Producer: **Scarborough, Ontario: Alcohol and Drug Concerns, Inc.**
Date: **1989**
Target: **Grades 7 & 8**

Description: *Consists of 10 units for each of grades 7 and 8, designed to discourage psycho-active drug use, encourage healthy lifestyle choices and to promote non-use of substances as a viable alternative. Topics include self-image, exploring needs, assertiveness, friendship, decision-making and factual information about drugs.*

Available From: Alcohol and Drug Concerns, Inc.
11 Progress Avenue, Suite 200
Scarborough, Ontario M1P 4S7

Telephone: (416) 293-3400

Cost: $8.50

Title: **Project CHARLIE: Chemical Abuse Resolution Lies in Education**
Producer: **Storefront/Youth Action; Edina, Minnesota: Authors**
Date: **1976**
Target: **Grades 5 & 6 (Avail. K-6)**

Description: *Designed to promote drug abstinence for school-age students. Consists of four units for each of grades 5 and 6 (self-awareness, relationships, decision-making, and chemical use). Four themes are also identified for the primary level.*

Available From: Storefront/Youth Action
5701 Normandale Road
Edina, Minnesota 55424
U.S.A.
Telephone: (612) 830-1331

Cost: In-service training required.
Implementation Training: $1,000.00/day, plus trainer's expenses and $45.00 per curriculum guide.
Trainers Workshop - $525.00/participant

Title: **Project SMART: Self-Management and Resistance Training**
Producer: **Institute for Health Promotion and Disease Prevention**
Pasadena, CA: Institute for Prevention Research
Date: **1985**
Target: **Grades 6-8**

Description: *Designed to provide students with skills to resist peer pressure and to prevent regular use of gateway drugs. Fifteen lessons for grade 6 or 7 include skill leader training, consequences of use/non-use, ways to say no, advertising influences and role plays using resistance skills on peer pressure. Seven lessons for grade 7 or 8 include skill leader training, refusal skills, problem solving, risk taking and consequences, and seeking support. Materials include teacher's guide, student work books, parent's guide, parent/student work books and a training manual.*

consequences, and seeking support. Materials include teacher's guide, student work books, parent's guide, parent/student work books and a training manual.

Available From:
Project SMART
Institute for Prevention Research
University of Southern California
#641 - 1000 South Fremont
Alhambra, California
U.S.A. 91083-1358
Telephone: (818) 457-4000

Cost:

Teacher's Guide	$ 70.00
Parent Program Guide	$ 80.00
Workbooks	No Charge
Training Manual	$250.00

Title: **Project DARE: Drug Abuse Resistance Education**
Producer: **Los Angeles Police Department & Los Angeles Unified School District**
Date: **1986**
Target: **Grades 5 & 6**

Description: *Designed for grades 5 and 6, this program consists of 17 lessons of 45-60 minutes in length. It is based on the premise that children do not have adequate social skills to resist peer pressure and say "no" to drugs. Consists of curriculum, workbook, implementation manual and two videos.*

Available From:
Dorothy L. Everett
Bureau of Justice Assistance
633 Indiana Avenue, N.W.
Washington, D.C. 20531
U.S.A.
Telephone: (202) 514-5946

Cost:

No charge for Implementation Manual and curriculum.	
Workbook	$1.00-6.00
Two Videos	$900.00

Title: **Say It Straight**
Producer: **Englander-Golden, P.; Say It Straight Foundation**
Date: **1982**
Target: **Grades 5-8 (Avail. 3-12)**

Description: *Designed to enhance self-esteem, improve communication skills and enhance positive peer support. Topics covered in 50 minute daily, 5 day program include personal beliefs and feelings, different communication styles, refusal skills, positive peer pressure and assertiveness skills.*

Available From: Say It Straight Foundation
P.O. Box 50752
Denton, Texas 76206
U.S.A.
Telephone: (817) 383-4162

Cost: In-Service Training Required $500.00/person

Title: **Sense and Nonsense: Making Decisions About Drugs**
Producer: **Chan Durant Communications Ltd.; Alberta Alcohol & Drug Abuse Commission**
Date: **1989**
Target: **Grades 4, 5 and 6**

Description: *A Teacher's Resource Package designed to help 9-12 year olds distinguish between fact and fiction in the information they receive about drugs from the media, friends and family. Four sections per grade level are presented which include a range of activities for the teacher to pick from. A condensed version is also available for use with community youth groups. Includes reviews, quizzes, transparencies, posters.*

Available From: Alberta Alcohol and Drug Abuse Commission
Production and Distribution
2nd Flr., 10909 Jasper Avenue
Edmonton, Alberta T5J 3M9
Telephone: (403) 427-0116

Cost: Teacher's Resource $15.00
Youth Leader Resource $ 5.00

Title: **Skills for Growing**
Producer: **Quest International**
Date: **1990**
Target: **Kindergarten-Grade 5**

Description: *Designed to encourage self-discipline, responsibility, good judgement and positive relationships in young people at the grade 5 level. Six unit topics include building a school community, growing as a group, respecting you and me, making health decisions, choosing to be drug-free and setting goals for service. Materials include curriculum guide, student-family activity booklet, newsletter, administrator's guide, school climate committee guide, introductory video, facilitator's guide for parent meetings and administrator's package. Materials available only with in-service training. Approximately eighty lessons per year but actual length depends on user.*

Available From: Lions-Quest Canada
515 Dotzert Court, Unit #7
Waterloo, Ontario N2L 6A7
154 Main Street South
Mount Forest, Ontario N0G 2L0
Telephone: 1-800-265-2680 (toll-free)

Cost: In-Service Training for School
Principal and Two Teachers $1,595.00

Title: **Skills for Adolescence**
Producer: **Quest International**
Date: **1988**
Target: **Grades 6-8/Ages 10-14**

Description: *Designed to help young people develop self-discipline, responsibility, good judgement and positive relationships, and to increase their commitment to families, schools, positive peers and communities. Unit topics include building self-confidence, learning about emotions, improving peer relationships, strengthening family relationships, decision-making and setting goals for healthy living. Materials include a curriculum guide, student text book and work book, parent book and leader's guide for parent meetings. Available with in-service training only. Approximately eighty lessons per year but actual length depends on user.*

Available From: Lions-Quest Canada
515 Dotzert Court, Unit #7
154 Main Street South
Mount Forest, Ontario N0G 2L0
Telephone: 1-800-265-2680 (toll-free)

Cost: In-service Training $425.00 per person

Title: **Smoke-Free: For a New Generation of Non-Smokers**
Producer: **Canadian Cancer Society, Minister of Supply & Services**
Date: **1988**
Target: **Pre-school Children**

Description: *A program for pre-schoolers which is based on a story about animal characters, including an "uncle" dragon who is convinced to live a smoke-free lifestyle. Includes a teacher's guide, video, music tape, story frames, character cards, and a pamphlet and letter for parents. Coloring books also available. Training is required.*

Available From: Canadian Cancer Society
565 West 10th Avenue
Vancouver, B.C. V5Z 4J4
(or your local district office)
Telephone: (604) 872-4400

Cost: On loan only.

Title: **Teen Action: Grade 7**
Author: **Gibb, S.**
Producer: **Alberta Alcohol and Drug Commission**
Date: **1986**
Target: **Grade 7**

Description: *Student booklet provides scenarios involving teenagers, drugs and alcohol. Caffeine, nicotine, alcohol and risk-taking are covered in seven 45 minute lessons. Includes decision-making exercises. Comes with teacher resource guide.*

Available From: Alberta Alcohol and Drug Abuse Commission
Production and Distribution
2nd Flr., 10909 Jasper Avenue
Edmonton, Alberta T5J 3M9
Telephone: (403) 427-0116

Cost:

Class Set	$50.00
Teacher Resources	3.50
Student Resources	1.50

Title: **Tuning In To Health: Alcohol and Other Drug Decisions (Early Years)**
Author: **Strople, M.J. & Ross D.**
Producer: **Winnipeg: Alcoholism Foundation of Manitoba**
Date: **1986**
Target: **Grades 2 and 3.**

Description: *Provides lesson plans for grades 2 and 3. The grade 2 unit consists of six lessons about hazardous products. The grade 3 unit consists of five lessons about medicine. Student objectives, teaching instructions, activity sheets and a resource list are provided.*

Available From: Alcoholism Foundation of Manitoba
1031 Portage Avenue
Winnipeg, MB R3G 0R9
Telephone: (204) 944-6200

Cost: - $5.00

Title: **Tuning In To Health: (Middle Years)**
Author: **Strople, M. & Koss, D.**
Producer: **Winnipeg: Alcoholism Foundation of Manitoba**
Date: **1986**
Target: **Grades 5 & 6 (Avail. 4-6)**

Description: *Consists of one seven-lesson unit for each of grades 4, 5 and 6. The grade 5 unit, Drugs and Influences, includes lessons on the short-term effects of alcohol, caffeine and nicotine, decision-making, advertising and drug-related risks. The grade 6 unit on smoking includes facts about smoking, why people smoke or don't smoke, decision-making, assertiveness skills, and lifestyle.*

Available From: Community Programs Secretary
Alcoholism Foundation of Manitoba
1031 Portage Avenue
Winnipeg, Manitoba R3G 0R8
Telephone: (204) 944-6213

Cost: $5.00

Title: **Your Choice ... Our Chance**
Producer: **Agency for Instructional Technology (AIT)**
Date: **1990**
Target: **Grades 5 & 6**

Description: *A theory-based project designed to prevent students from starting or continuing drug use. Includes both school-based and community-based components. School-based program consists of ten 15-minute videos for grades 5 and 6 students, addressing a broad range of topics such as advertising, self-concept and refusal skills, a trainers guide, a teacher's guide, and an introductory video. Community-based program consists of three 30-minute videos, each featuring a successful community program and a handbook for community organization.*

Available From: Suzanne Newland
Agency for Instructional Technology
Box A
Bloomington, Indiana 47402
U.S.A.

Provincial Ministry of Education

Cost: No charge.

Secondary School Programs

Title: **Alive! Adolescents and Alcohol and Driving (Revised)**
Producer: **Alberta Alcohol and Drug Abuse Commission**
Date: **1988**

Target: **Junior High**

Description: *Designed for teachers wishing to address drinking and driving with their students. The six-lesson unit focuses on three content areas: decision-making, responsible independence and information about drinking and driving.*

Available From: AADAC Production and Distribution
2nd Flr., Pacific Plaza
10909 Jasper Avenue
Edmonton, Alberta T5J 3M9
Telephone: (403) 427-0116

Cost: $15.00

Title: **Drive Alive: A New Look at Drinking and Driving and Teens**
Producer: **Alberta Alcoholism and Drug Abuse Commission**
Date: **1988**
Target: **Senior High**

Description: *Designed to increase senior high students' knowledge of issues related to impaired driving and increase awareness about developmental issues. Includes a 15 minute video about impaired driving prevention projects created by teens and a section for parent groups about understanding teens and the choices facing them.*

Available From: AADAC

Cost: $50.00 per package. Includes video, teacher's guide and leader's guide for parent groups.

Title: **From Peer Pressure to Peer Support: Alcohol/Drug Prevention Through Group Process, A Curriculum for Grades 7-12**
Producer: **Johnson Institute**
Date: **1989**
Target: **Grades 7-12**

Description: *An interactive prevention program based on group process, emphasizing lifeskills development and provision of sound information on alcohol and drugs. Outlines three stages: trust building, conflict resolution and productivity.*

Available From: The Johnson Institute
7151 Metro Blvd.
Minneapolis, MN 55435-3425
U.S.A.
Telephone: 1-800-447-6660 (toll-free)

Cost: $59.95

Title: **Here's Looking At You: 2000**
Producer: **Roberts, Fitzmahan & Associates**
Seattle: Comprehensive Health Education Foundation
Date: **1986**
Target: **Grades Kindergarten-Grade 12**

Description: *Designed to reduce risk factors associated with drug use in young adolescents. Twenty-one lessons for each of grades 5 and 6 include basic information, self-concept enhancement, social skills, refusal skills, coping skills and sources of help. Forty lessons for grades 7 and 8 include risk factors, drugs and the media, self-concept, social skills, coping skills, decision making skills, appropriate party activities, living with a chemical-dependent family and sources of help. Other grades have similar make up.*

Available From: Comprehensive Health Education Foundation
22323 Pacific Highway South
Demoine, Washington 98198
U.S.A.
Telephone: (206) 824-2907

Cost:

Grade 5 Kit	$1,095.00
Grade 6 Kit	$1,150.00
Grades 7-9 Kit	$ 940.00

In-service Training Required: Approximately $1,000.00 per person.

Title: **High School Education to Reduce Impaired Driving**
Producer: **Addiction Research Foundation, Hamilton Centre**
Date: **1986**

Description: *A program for high school students consisting of three lesson plans covering background of the problem, effects of alcohol on driving ability, blood alcohol measurement, laws, cannabis and driving and other issues. Includes a summary of the evaluation.*

Available From: Addiction Research Foundation
33 Russell Street
Toronto, Ontario M5S 2S1
Telephone: (416) 595-6059

Cost: $15.00

Title: **Interact: An Alcohol and Drug Education Program for Youth at Risk**
Producer: **Alcohol-Drug Education Service**
Date: **1990**
Target: **At risk youth**

Description: *Designed for use in alternate schools, group homes, and other settings for youth at particular risk of becoming involved in substance abuse. Ten modules, focusing on life skills development, include drug facts, self-awareness, assertiveness, coping and stress management.*

Available From: Alcohol-Drug Education Service
302 - 96 East Broadway
Vancouver, B.C. V5T 1V6
Telephone: (604) 874-3466

Cost:

Facilitator's Guide	$14.00
Junior Level 1-5 copies	$10.00
6+ copies	$ 7.00
Senior Level 1-5 copies	$10.00
6+ copies	$ 7.00

Title: **Inside Stories: Journey Into Self-Esteem**
Producer: **Knowledge Network**
Date: **1990**
Target: **Teens, families, seniors**

Description: *A multi-faceted project involving television, print and community components. Four half-hour programs, available for purchase on videotape, explore self-esteem issues faced by teenagers, single parents, families and seniors. Videotapes are accompanied by a viewer's guide. A facilitator's guide for use by community groups is also available. A community development coordinator is available for consultation from March to November 1990.*

For More Information: Ms. Judith McLean
Self-Esteem Project Coordinator
2402 St. John's Street
Port Moody, B.C. V3H 2B1
Telephone: (604) 931-4849

Title: **PACE: Police Assisting Community Education**
Producer: **Nova Scotia Commission on Drug Dependency and the Royal Canadian Mounted Police**
Date: **1989**
Target: **Grades 5-8/Ages 9-14**

Description: *Consists of 16 thirty minute lessons for grades 5 to 8 (ages 9-14). Four lessons are designed for each grade level, one providing legal information, one on "you and the group", one on myths and realities and finally one on alternatives. Includes an introduction to the program, a training manual and lesson plans.*

Available From: Drug Awareness Co-ordinator
Local RCMP

Cost: No charge

Title: **Peer Helper Training Manual**
Producer: **National Institute of Mental Health**
Date: **1985**
Target: **Grades 9-12**

Description: *A manual to help school guidance counsellors plan, develop and implement peer counselling programs to help students with academic, social and personal issues, including decision-making. Manual includes teaching techniques, activities, training, communication and helping skills and evaluation.*

Available From: Wisconsin Clearinghouse on Drug and Alcohol Information
P.O. Box 1468
Madison, WI 53701
U.S.A.
Telephone: (608) 263-2797

Cost: $12.00 each.

Title: **Peer Support**
Authors: **Davis, B., Handcock, H., Gartner, D. & Hills, M.**
Producer: **Alberta Alcohol and Drug Abuse Commission**
Date: **1986**
Target: **Grades 7-9, 9-12**

Description: *A peer support program consisting of a teacher's guide and a training plan. The teacher's guide includes information about initiating and implementing programs. The training plan outlines 12 training sessions and involves students in selecting, designing and managing learning experiences.*

Available From: Alberta Alcohol and Drug Abuse Commission
Production and Distribution
2nd Flr., 10909 Jasper Avenue
Edmonton, Alberta T5J 3M9
Telephone: (403) 427-0116

Cost:
Teacher's Resource	- $40.00
Training Plan	- $20.00
Set	- $50.00

Title: **PICADA Curriculum: Prevention and Intervention Center for Alcohol and Other Drug Abuse.**
Author: **Remick-Lenox, K., Murphy, K. & Smith, K.**
Madison: University of Wisconsin
Date: **1989**
Target: **Grades 5-8**

Description: *Designed to help students choose a drug-free lifestyle. Grade 6 program "Safe or Risky", grade 7 program "Friends and Choices" and grade 8 program "Reason and Responsibility" consist of 15 lessons each. Topics include*

decision-making skills, assertiveness skills, advertising, values, peer pressure and resources. "Teens Teach Teens" (1986-87) also targets grades 6, 7 and 8 and is a semester-long program covering topics such as teaching classroom management skills, positive role models and prevention strategies.

Available From: Wisconsin Clearinghouse
University of Wisconsin
Office of the Dean of Students
P.O. Box 1468
Madison, Wisconsin 53701
U.S.A.
Telephone: 1-800-262-6243

Cost: PICADA 6, 7 & 8 $50.00 each or $130.00 for three

Title: **Project SMART: Self-Management and Resistance Training**
Producer: **Institute for Health Promotion and Disease Prevention**
Pasadena: Institute for Prevention Research
Date: **1985**
Target: **Grades 6-8**

Description: *Designed to provide students with skills to resist peer pressure and to prevent regular use of gateway drugs. Fifteen lessons for grade 6 or 7 include skill leader training, consequences of use/non-use, ways to say no, advertising influences and role plays using resistance skills on peer pressure. Seven lessons for grade 7 or 8 include skill leader training, refusal skills, problem solving, risk taking and consequences, and seeking support. Materials include teacher's guide, student work books, parent's guide, parent/student work books and a training manual.*

Available From: Project SMART
Institute for Prevention Research
University of Southern California
#641 - 1000 South Fremont
Pasadena, California 91803 - 1358
U.S.A.
Telephone: (818) 457-4000

Cost: Teacher's Guide $ 70.00
Parent Program Guide $ 80.00

Workbooks	No Charge
Training Manual	$250.00

Title: **The Sacred Tree Curriculum**
Producer: **Four Worlds Development Project**
Date: **1988**
Target: **Grade 8, 9-12**

Description: *Designed for native students at the grade 8 level but also available for grades 9-12. Focuses on strengthening a sense of personal identity and developing both life-preserving and life-enhancing values through self-exploration, self-development, and commitment to the growth of self and others. Materials include curriculum guide, video, resource books and visual aids.*

For More Information:
Four Worlds Development Project
The University of Lethbridge
4401 University Drive
Lethbridge, Alberta
Telephone: (403) 328-4343

Cost:
Curriculum Package, including 25 student texts $450.00

Title: **Say It Straight**
Producer: **Say It Straight Foundation**
Date: **1982**
Target: **Grades 5-8 (Avail. 3-12)**

Description: *Designed to enhance self-esteem, improve communication skills and enhance positive peer support. Topics covered in 50minute daily, 5 day program include personal beliefs and feelings, different communication styles, refusal skills, positive peer pressure and assertiveness skills.*

Available From:
Say It Straight Foundation
P.O. Box 50752
Denton, Texas 76206
U.S.A.
Telephone: (817) 383-4162

Cost:
In-service Training Required $500.00/person

Title: **Skills for Adolescence**
Producer: **Quest International**
Date: **1988**
Target: **Grades 6-8/Ages 10-14**

Description: *Designed to help young people develop self-discipline, responsibility, good judgement and positive relationships, and to increase their commitment to families, schools, positive peers and communities. Unit topics include building self-confidence, learning about emotions, improving peer relationships, strengthening family relationships, decision-making and setting goals for healthy living. Materials include a curriculum guide, student text book and work book, parent book and leader's guide for parent meetings. Available with in-service training only.*

Available From: Lions-Quest Canada
Unit #7 - 515 Dotzert Court
Waterloo, Ontario N2L 6A7
Telephone: 1-800-265-2680 (toll-free)

Cost: In-service Training $425.00 per person

Title: **Teen Action: Grade 8**
Author: **Gibb, S.**
Producer: **Alberta Alcohol and Drug Abuse Commission**
Date: **1986**
Target: **Grade 8**

Description: *Focuses on scenarios about teens and marijuana, alcohol problems, and drinking and driving, presented in 7 - 45 minute lessons. Consists of a teacher resource guide and student booklet. Includes decision-making.*

Available From: Alberta Alcohol and Drug Abuse Commission
Production and Distribution
2nd Flr., 10909 Jasper Avenue
Edmonton, Alberta T5J 3M9
Telephone: (403) 427-0116

Cost:

Class Set	$50.00
Teacher Resources	3.50
Student Resources	1.50

***Title:** **TIP-DART: Target Interactive Project, Drug and Alcohol Responsibility for Teens**
Producer: **Prepared jointly by Magnus CDI (Toronto/Vancouver), Hazelden Foundation (Minneapolis), IBM AES Division (Atlanta), TARGET (Kansas City) and the National Federation of State High School Associations.**
Date: **1988**
Target: **Secondary School Students**

Description: *An interactive video depicting teens at a party who are faced with making decisions about alcohol and other drugs. The viewer chooses which of seven characters to "be" for the evening. The viewer makes decisions for the character and sees the consequences of choices made.*

Available From: Magnus Communications
1661 Duranleau Street
Vancouver, B.C. V6H 3S3
Telephone: 682-2266

Cost: $4,195.00

Title: **Tuning In to Health - Junior High**
Author: **Saranchuk, R. & Koss, D.**
Producer: **Winnipeg: Alcoholism Foundation of Manitoba**
Date: **1986**
Target: **Grades 7 & 8 (Avail. 7-9)**

Description: *A resource package consisting of 34 lessons (8-13 lessons per grade) organized into four modules: alcohol, tobacco, over-the-counter and prescription drugs, and other drugs. Topics include short and long-term effects, decision-making, alternatives and risk-taking. Includes pre-tests, post-tests and answer keys.*

Available From: Community Programs Secretary
Alcoholism Foundation of Manitoba
1031 Portage Avenue
Winnipeg, Manitoba R3G 0R8
Telephone: (204) 944-6200

Cost: $8.65

PARENTING

and

ADULT TRAINING

PROGRAMS

PARENTING & ADULT TRAINING PROGRAMS

Title: **A Better Way: Helping Children Say No To Alcohol and Drugs**
Producer: **Saskatchewan Alcohol and Drug Abuse Commission**
Date: **1987**
Target: **Parents**

Description: *An eight-hour program for parents of 8-14 year olds, focusing on; 1) drug awareness, 2) influences including family, peers, media, self-esteem, and alientation, 3) communication skills, including effective discipline, and 4) lifestyle evaluation. Presented by trained facilitators. Shorter versions are also available.*

Available From: Saskatchewan Alcohol and Drug Abuse Commission
1942 Hamilton Street
Regina, Saskatchewan S4P 3V7
Telephone: (306) 787-4643

Cost: Unknown

Title: **Applause: A Presenter's Guide to Parent Education About Alcohol and Other Drugs**
Author: **Lavigne, A.S., Simmons, M. and Steep, B.**
Producer: **Toronto: Addiction Research Foundation**
Date: **1984**
Target: **Parents**

Description: *A manual for educators working with parents in the alcohol/drug field, designed to increase parents' ability to prevent, identify and cope with drug use by their children. Includes sample presentations and overhead graphics. Accompanying slide set also available. Revised edition, 1988.*

Available From: Addiction Research Foundation
33 Russell Street
Toronto, Ontario M5S 2S1
Telephone: (416) 595-6059

Cost:

Manual	$ 15.00
Slide Set	$120.00

Title: **Drug-Free Families: Parents Hold the Key (in Punjabi)**
Authors: **Rajpal Singh and Carole Legge**
Producer: **Alcohol-Drug Education Service, under contract to Alcohol and Drug Programs, Ministry of Labour and Consumer Services**
Date: **1990**
Target: **Indo-Canadian parents**

Description: *Designed specifically for use in workshops which help parents become more aware of alcohol use and of the important role they play in preventing alcohol misuse among their children. Includes a video, "The Breaking of the Bottle", which depicts dramatically the effects of drinking on an Indo-Canadian family.*

Available From: Alcohol-Drug Education Service
#302 - 96 East Broadway
Vancouver, B.C. V5T 1V6
Telephone: (604) 874-3466

Cost:		
	Leader's Guide	$15.00
	Video	$15.00
	Pamphlets	$ 1.45 each or 3 for $4.35
	Kit	$34.50

Title: **Health Promotion Program**
Producer: **The Four Worlds Development Project**

Description: *A research and development initiative focusing on social and economic development, including health promotion, in Native communities. Includes quarterly publication of* <u>*The Four Worlds Exchange*</u>*, directed at Native community program personnel. Report about community demonstration programs and resource catalogue available.*

Available From: Four Worlds Health Promotion Program
Lebel Mansion
Pincher Creek, Alberta T0K 1W0
Telephone: (403) 627-4411

Cost: Four Worlds Exchange - $15.00 a year
Four Worlds Exchange,
participation in
teleconference and

name on mailing list - $35.00 a year.
Resource catalogue - no charge.

Title: **Healthy Connections: Community Health Promotion for Children, Youth and And Families**
Producer: **B.C. Ministry of Health/Union Board of Health**
Date: **1989**
Target: **School and Community Organizations**

Description: A kit for community action in health promotion produced by the B.C. Ministry of Health. Contains 2 sections: Health Network, Community Network, and School Network. Provides models, examples of available resources for communities and schools, and encourages the development of community health action plans. Includes material on the new B.C. *Learning for Living* curriculum, and *Canadian Healthy Communities Project.* A good resource for determining what is being done in B.C. in the area of health promotion.

Available from: B.C. Ministry of Health through local Health Departments

Title: **Inside Stories: Journey Into Self-Esteem**
Producer: **Knowledge Network**
Date: **1990**
Target: **Teens, Parents, Seniors**

Description: *A multi-faceted project involving television, print and community components. Four half-hour programs, available for purchase on video tape, explore self-esteem issues faced by teenagers, single parents, families and seniors. Video tapes are accompanied by a viewers guide. A facilitator's guide for use by community groups is also available. A community development coordinator is available for consultation from March to November 1990.*

For More Info.: Ms. Judith McLean
Self-Esteem Project Coordinator
2402 St. John's Street
Port Moody, B.C. V3H 2B1
Telephone: (604) 931-4849

Title: **Joining Hands: Achieving Your Community's Vision**
Author: **Brown, B.**
Date: **Still in development**
Producer: **Alcohol-Drug Education Service under funding from Health and Welfare Canada**
Target: **Community groups and community colleges**

Description: *A 30-hour, five module training course designed for use by community groups and community colleges which provides community members with an experiential approach to the process of community mobilization and substance abuse prevention. Accompanied by a two-hour, ten-minute video component which supplements each of the five modules. College course is in process of completion.*

Available From: Alcohol-Drug Education Service
#302 - 96 East Broadway
Vancouver, B.C. V5T 1V6
Telephone: (604) 874-3466

Cost: Unavailable at this time. Please contact Alcohol-Drug Education Service in early 1991.

Title: **Kids and Drugs: Prevention Education for Parents**
Authors: **Golinoski, D. & Paape, V.**
Producer: **Alcoholism Foundation of Manitoba**
Date: **1982**

Description: *This program contains seven sessions using the Adlerian model (Systematic Training for Effective Parenting). It focuses primarily on information, communication, and skills in child development.*

Available From: Alcoholism Foundation of Manitoba
1031 Portage Avenue
Winnipeg, Manitoba B3G 0R8
Telephone: (204) 944-6200

Cost:

Participant's Handbook & Activity Book	$6.00
Leader's Manual	$4.00
& Handling & Postage	

Title: **Making it Fit: Matching Substance Abuse Prevention Strategies to School and Community Needs.**
Authors: **Vertinsky, P. & Mangham, C.**
Producer: **B.C. Ministry of Labour and Consumer Services, (Alcohol and Drug Programs; co-sponsored by the B.C. School Trustees Association)**
Date: **1991**
Target: **School administrators/teachers, community prevention task forces, policy makers**

Description: *This manual outlines various prevention strategies, stressing the need for a comprehensive framework for prevention/health promotion. It reviews school-based curriculum models, offering several selection criteria and comparing a number of common school-based programs using these criteria. Ten attributes are described which can affect the appropriateness of health promotion strategies. Generic strategies are then discussed in terms of these attributes. This manual is intended as a resource for discussion of strategy selection and implementation.*

Available From: (Spring 1991)
B.C. Ministry of Labour and Consumer Services
Alcohol and Drug Programs
5th Floor, 1019 Wharf Street
Victoria, B.C. V8V 1X4
Telephone: (604) 387-4783

Cost: Not set at this printing.

Title: **Parents as Preventors**
Producer: **Alcohol-Drug Education Service**
Target: **Parents**

Description: *A two hour workshop (length is flexible) focusing on the role parents play in substance abuse prevention and how parents can reduce the risk of their children's involvement with drugs. Includes a booklet/guide for parents.*

Available From: Alcohol-Drug Education Service
212 - 96 East Broadway
Vancouver, B.C. V5T 1V6
Telephone: (604) 874-3466

Cost: No charge, Honorarium welcomed.

Title: **Parent Effectiveness Training (P.E.T.)**
Author: **Gordon, T.**
Producer: **Effectiveness Training Incorporated**
Date: **1962**
Target: **Parents**

Description: *This program is designed to equip parents with the skills necessary to implement P.E.T.'s model of democratic parent-child relationships through demonstration, modelling and skills practice.*

Available From:
Effectiveness Training Incorporated
5965 Terrebonne Avenue
Montreal, Quebec H4A 1B7
Telephone: (514) 486-2262

Cost:

Cost of 5 1/2 days training (includes Instructor's Kit).	$690.00
Participant's textbook & workbook	$ 25.00

Title: **Preparing for the Drug (Free) Years**
Producer: **Developmental Research and Programs, Inc.**
Date: **1987**
Target: **Parents**

Description: *This program is based on a Social Development Model, developed to address 12 identified risk factors in adolescent substance abuse. It is designed to increase family, school and community bonding. Topics (covered in five two hour sessions) include family meetings, refusal skills and conflict management.*

Available From:
Developmental Research and Programs, Inc.
P.O. Box 85746
Seattle, Washington 98145
U.S.A.
Telephone: (206) 286-1805

Cost:

Leader's Training	$ 275.00
Curriculum Kit (including 5 videos, handouts for 35 families, transparencies)	$1,095.00
Family Activity Books	$ 16.95 ea.(All in U.S. $)

Title: **Prevention Training in the Drug Field**
Producer: **Health and Welfare Canada, Minister of Supply and Services Canada**
Date: **1986**
Target: **Parents**

Description: *A training package designed to increase the competence of community workers in the field of drug prevention. National Training System (NTS) training resources are used.*

Available From: Mr. Ron Hall, Chief
Marketing Services
Addiction Research Foundation
33 Russell Street
Toronto, Ontario M5S 2S1

Cost: Instructors Manual & three monographs $95.00

Title: **Ready Or Not!**
Producer: **Health and Welfare Canada**
Date: **1990**
Target: **Primarily low-income parents**

Description: *A six session parent program emphasizing communication and understanding, developed for use with lower socio-economic groups or parents isolated socially, geographically, or economically. Manuals and a video will be available directly from Health and Welfare Canada. Training program is being implemented through phases. B.C. is one of five provinces piloting the program in 1990/91.*

Available From: Health and Welfare Canada
Publications Distribution Centre
Room 512, Brooke Claxton Building
Tunney's Pasture
Ottawa, Ontario K1A 0K0
Telephone: (613) 957-2991

Cost: Video $10.00
Parent books: Free

Title: **STEP: Systematic Training for Effective Parenting**
Authors: **Dinkmeyer, D. & McKay, G.**
Producer: **Psycan Ltd.**
Date: **1976**
Target: **Parents**

Description: *This nine-session program is designed to help parents learn effective ways of relating to their children. Topics covered include communication skills (listening, I-messages), confidence-building, disciplining with natural and logical consequences, and family meetings.*

Available From: Psycan Limited
Box 290, Station V
Toronto, Ontario M6R 3A5
Telephone: (416) 731-8795
: 1-800-263-3558

Cost:		
	STEP Kit and 2 Videos	$425.00
	STEP Kit and Audio Cassettes	$225.00

Title: **Strong Healthy Families, Drug Free Children (in Chinese)**
Author: **Yvonne Cheung**
Producer: **Vancouver: Alcohol-Drug Education Service, under contract from Alcohol and Drug Programs, B.C. Ministry of Labour and Consumer Services**
Date: **1990**
Target: **Chinese Speaking Parents**

Description: *The Leader's Guide provides material for three workshops designed to help parents clarify common myths about drug use, to examine strengths and weaknesses in traditional Chinese parenting attitudes and practices, and to learn effective communication skills. Package also includes two pamphlets in Chinese, "Youth and Drugs" and "How to Talk With Kids About Drugs", and the video "Crisis" (25 minute long, in Cantonese) which focuses on the prevention message that positive parenting and open communication at home lowers the risk of substance abuse in adolescents.*

Available From: Alcohol-Drug Education Service
#302 - 96 East Broadway
Vancouver, B.C. V5T 1V6
Telephone: (604) 874-3466

Cost:	Video	$12.00
	Leader's Guide	$10.00
	Pamphlets	$ .50 each
	Kit	$22.00 (Video, Guide, 1 of each Pamphlet)

Title: **Talk is Cheap: A Workshop for Parents and Teens**
Producer: **Alberta Alcohol and Drug Abuse Commission**
Date: **1987**
Target: **Parents and Teens**

Description: *This program consists of two series of five workshops which focus on family situations portrayed in accompanying video. Topics include communication, tough issues, coping and negotiation.*

Available From: AADAC Production and Distribution
2nd Flr., 10909 Jasper Avenue
Edmonton, Alberta T5J 3M9
Telephone: (403) 427-0116

Cost: Manual and Video $85.00

Title: **Together We Can: A Community Training Program for Substance Abuse Prevention**
Author: **Ashworth, Joanna**
Producer: **Junior League of Greater Vancouver**
Date: **1989**
Target: **Community Groups**

Description: *This program outline for community action against substance abuse includes background information on prevention and substance abuse, factors in adolescent drug use, a model for taking action, steps in raising awareness, organizing and mobilizing the community and suggestions on evaluation.*

Available From: Junior League of Greater Vancouver
Heritage Hall
201, 3102 Main Street
Vancouver, B.C. V5T 3G7
Telephone: (604) 872-7942

Cost: No charge.

Title: **Touchstones: A Family Drug Education Course**
Producer: **Alberta Alcohol and Drug Abuse Commission**
Date: **1988**
Target: **Parents**

Description: *This five-session program is designed to provide parents with information and skills. The sessions address drugs and drug use prevention, family communication, adolescent development and self-esteem, and information about alcohol and drugs.*

Available From: AADAC Production and Distribution
2nd Flr., 10909 Jasper Avenue
Edmonton, Alberta T5J 3M9
Telephone: (403) 427-0116

Cost: $50.00 set (Instructor's Manual, Participant Manual, Video). Additional Participant Manuals (5 per package) $15.00/package

COMMUNITY-BASED PROGRAMS

for

YOUTH

COMMUNITY-BASED PROGRAMS FOR YOUTH

Title: **Interact: An Alcohol and Drug Education Program for Youth at Risk**
Producer: **Alcohol-Drug Education Service**
Date: **1990**
Target: **At risk youth**

Description: *Materials designed for use in alternate schools, group homes, and other settings for youth at particular risk of becoming involved in substance abuse. Ten modules, focusing on life skills development, include drug facts, self-awareness, assertiveness, coping and stress management.*

Available From: Alcohol-Drug Education Service
302 - 96 East Broadway
Vancouver, B.C. V5T 1V6
Telephone: (604) 874-3466

Cost:

Facilitator's Guide	$14.00
Junior Level 1-5 copies	$10.00
6+ copies	$ 7.00
Senior Level 1-5 copies	$10.00
6+ copies	$ 7.00

Title: **Healthy Connections: Community Health Promotion for Children, Youth and And Families**
Producer: **B.C. Ministry of Health/Union Board of Health**
Date: **1989**
Target: **School and Community Organizations**

Description: A kit for community action in health promotion produced by the B.C. Ministry of Health. Contains 2 sections: Health Network, Community Network, and School Network. Provides models, examples of available resources for communities and schools, and encourages the development of community health action plans. Includes material on the new B.C. *Learning for Living* curriculum, and *Canadian Healthy Communities Project.* A good resource for determining what is being done in B.C. in the area of health promotion.

Available from: B.C. Ministry of Health through local Health Departments

Title: **Make the Most of You**
Producer: **Alberta Alcohol and Drug Abuse Commission**
Date: **1981**
Target: **Grades 7-12**

Description: *A multi-media prevention program consisting of posters, pamphlets, booklets, radio and television advertisements and Zoot: The Magazine. Topics include developing responsible independence, understanding positive and negative peer influence, role modelling and social competence.*

Available From: Alberta Alcohol and Drug Abuse Commission
Production and Distribution
2nd Flr., 10909 Jasper Avenue
Edmonton, Alberta T5J 3M9
Telephone: (403) 427-0116

Title: **Theatre for Education and Change**
Author: **Selman, J.**
Producer: **Alberta Alcohol and Drug Abuse Commission**
Date: **1985**
Target: **Teens**

Description: *A video and booklet about theatre as a technique for use in alcohol/drug education, community prevention and treatment programs. The booklet outlines planning, implementing and evaluating theatre programs. The video illustrates four types of educational theatre.*

Available From: Alberta Alcohol and Drug Abuse Commission
Production and Distribution
2nd Flr., 10909 Jasper Avenue
Edmonton, Alberta T5J 3M9
Telephone: (403) 427-0116

Cost:

Booklet	$ 5.00
Video	50.00

Title: **Tracking the Good Times**
Authors: **MacDonald, W. & Ross, K.**
Producer: **Alberta Alcohol and Drug Abuse Commission**

Date: **1989**
Target: **Grades 7-9**

Description: *A workbook designed to encourage positive leisure activity choices by young people. Helps them to assess their leisure activities and skills. Organized into sections on attitudes, influences, needs and planning. Includes exercises and information.*

Available From: Alberta Alcohol and Drug Abuse Commission
Production and Distribution
2nd Flr., 10909 Jasper Avenue
Edmonton, Alberta T5J 3M9
Telephone: (403) 427-0116

Cost: $7.50

Title: **Your Choice ... Our Chance**
Producer: **Agency for Instructional Technology (AIT)**
Reston, Virginia: Authors
Date: **1990**
Target: **Grades 5 & 6**

Description: *A theory-based project designed to prevent students from starting or continuing drug use. Includes both school-based and community-based components. School-based program consists of ten 15-minute videos for grades 5 and 6 students, addressing a broad range of topics such as advertising, self-concept and refusal skills, a trainers guide, a teacher's guide, and an introductory video. Community-based program consists of three 30-minute videos, each featuring a successful community program, and a handbook for community organization.*

Available From: Suzanne Newland
Agency for Instructional Technology
Box A
Bloomington, Indiana 47402
U.S.A.
Telephone: (812) 339-2203
or
Provincial Ministry of Education

Cost: No charge to schools.

Title: **Youth and Drugs**
Producer: **Addiction Research Foundation**
Date: **1991**
Target: **Youth Workers, Addiction Workers, and others who work with youth.**

Description: A comprehensive training and education package for professionals who work with youth. Includes a self-study guide, readings, demonstration videos, and resources. Intended as a training package.

Available From: Addiction Research Foundation
33 Russell Street
Toronto, Ontario N5S 2S1
Telephone: (416) 595-6059

Cost: Not set as of this printing.

AUDIO-VISUAL

and

PRINT RESOURCES

AUDIO-VISUAL AND PRINT RESOURCES

Title: **Alcohol, Drugs and Kids (video)**
Producer: **Aims Media**
Date: **1986**
Target: **Grades 3-9**

Description: *Four young people describe how their drug problems developed; to escape parents' fighting, to overcome poor self-image and shyness and from parental modelling. A counsellor warns of the dangers of substance abuse and advises on how to get help.*

Available From: Alcohol-Drug Education Service
302 - 96 East Broadway
Vancouver, B.C. V5T 1V6
Telephone: (604) 874-3466

Title: **Bizarre Trial of a Pressured Peer (video)**
Producer: **Rogers, G.T.**
Date: **1985**
Length: **29 minutes**
Target: **Grades 7-12**

Description: *Barbara has been invited by a classmate to a party where there will be cocaine. Barbara has been grounded because of her association with these people. While studying at home, she imagines that she is on trial in the time of the French Revolution, where she is convicted of a crime without any evidence. Back at school, she learns a decision-making technique. She flashes back to the trial where she applies the skill and her parents give her a second chance. Back at school, she tells her friend that she cannot attend the party.*

Available From: Alcohol-Drug Education Service
302 - 96 East Broadway
Vancouver, B.C. V5T 1V6
Telephone: (604) 874-3466

Title: **Bradshaw On: The Family (video)**
Producer: **KUMT-TV Houston**
Date: **1985**
Length: **10 - 1 hour programs**
Target: **Adults**

Description: *A ten-part series describing how family relationships influence drug-taking or other addictive behaviours. focuses on the effect of dysfunctional families, including alcoholic and emotionally/physically abusive families and social institutions. Suggests ways to overcome patterns which perpetuate reliance on mood-altering substances and behaviours.*

Available From: Alcohol and Drug Programs Library
Ministry of Labour and Consumer Services
5th Floor, 1019 Wharf Street
Victoria, B.C. V8V 1X4
Telephone: (604) 387-4783

Title: **Breaking of the Bottle (in Punjabi with English subtitles)**
Producer: **Alcohol-Drug Education Service under contract to Alcohol and Drug Programs, Ministry of Labour and Consumer Services**
Date: **1990**
Length: **20 minutes**
Target: **Indo-Canadian-speaking parents**

Description: *A socio-drama designed to raise awareness in parents about their crucial role in preventing substance abuse. Portrays an Indo-Canadian family. When the son has a drinking episode, both parents reflect on lack of communication in the family and the father's drinking behaviour.*

Available From: Alcohol-Drug Education Service
#302 - 96 East Broadway
Vancouver, B.C. V5T 1V6
Telephone: (604) 874-3466

Title: **Can I Handle Alcohol/Drugs? A self-assessment guide for youth (booklet)**
Author: **Zarek, D. & Sipe, J.**
Producer: **Johnson Institute**
Year: **1987**

Target: **Youth**

Description: *A booklet designed to help youth explore the effects of drug use in various aspects of life, including feelings, behaviour, family and social relations, school and work, self-concept, recreation, spirituality, etc. Includes developing an action plan.*

Available From: Johnson Institute
7151 Metro Blvd.
Minneapolos, MN 55439-2122
U.S.A.
Telephone: 1-800-447-6660

Title: **Can We Talk? (video)**
Producer: **Designed Learning, Inc.**
Date: **1989**
Length: **30 minutes**
Target: **General Public**

Description: *A video, produced in B.C., about adolescent substance abuse. Interviews teenagers, prevention and treatment specialists about their perspectives on the problem.*

Available From: Alcohol and Drug Programs Library
Ministry of Labour and Consumer Services
5th Floor, 1019 Wharf Street
Victoria, B.C. V8V 1X4
Telephone: (604) 387-4783

Title: **Cannabis and You (video)**
Producer: **Addiction Research Foundation**
Date: **1988**
Length: **12 minutes**
Target: **Ages 13-15**

Description: *Provides facts and dispels myths about cannabis. Students are interviewed about how they deal with peer pressure to use cannabis and viewers are encouraged to make educated decisions against cannabis use.*

Available From: Addiction Research Foundation
33 Russell Street
Toronto, Ontario M5S 2S1
Telephone: (416) 595-6059

Title: **Choices and Consequences (video)**
Producer: **Johnson Institute**
Date: **1986**
Length: **33 minutes**
Target: **Junior Secondary**

Description: *The story of three teenage friends involved with alcohol and other drugs in varying degrees. Illustrates how intervention works at each level, discussing difficulty of pinning down and dealing with teenage drug use.*

Available From: Alcohol-Drug Education Service
302 - 96 East Broadway
Vancouver, B.C. V5T 1V6
Telephone: (604) 874-3466

Title: **Choose (video)**
Producer: **Canadian Offensive on Drug Education (CODE)**
Date: **1989**
Length: **14 minutes**
Target: **Grades 5 & 6**

Description: *A fantasy in which two young students are caught up in a video game which they "enter" and are presented with situations involving drug use. Illustrates influences on decisions and the consequences of drug abuse.*

Available From: Alcohol and Drug Programs Library
Ministry of Labour and Consumer Services
5th Floor, 1019 Wharf Street
Victoria, B.C. V8V 1X4
Telephone: (604) 387-4783

(or Local Police)

Title: **Crack Attack (video)**
Producer: **Gary Whiteaker Corporation**
Date: **1988**
Length: **30 minutes**
Target: **General Public**

Description: *Internationally known expert, Dr. David Ohlms, explains the effect of crack on the human brain and body.*

Available From: Kinetic Inc.
408 Dundas Street E.
Toronto, Canada M5A 2A5
Telephone: (416) 963-5979

Title: **Crisis (video in Cantonese)**
Author: **Alcohol-Drug Education Service**
Producer: **Vancouver: Video Construction**
Date: **1990**
Length: **20 minutes**
Target: **Chinese Speaking Parents**

Description: *A socio-drama which focuses on the prevention message that positive parenting and open communication at home enhances the child's self-esteem and lowers the risk of substance abuse in adolescents. Through the use of dramatized flash-backs, the video takes a critical look at traditional Chinese parenting attitudes and suggests some positive alterntives. Parental role modelling is also stressed as an influential factor in prevention.*

Available From: Alcohol-Drug Education Service
302 - 96 East Broadway
Vancouver, B.C. V5 1V6
Telephone: (604) 874-34662

Cost: $12.00

Title: **Developments (periodical)**
Producer: **Alberta Alcohol and Drug Abuse Commission**

Description: *This newsletter, published ten times a year, includes brief articles and announcements from AADAC.*

Available From: Alberta Alcohol and Drug Abuse Commission
Production and Distribution
2nd Flr., 10909 Jasper Avenue
Edmonton, Alberta T5J 3M9
Telephone: (403) 427-0116

Title: **Dr. Cooper and His Friends (video)**
Producer: **Addiction Research Foundation**
Date: **1985-86**
Target: **Elementary**

Description: *A school teaching kit consisting of six videos and teacher's guides. One video, "Leave it Alone", is designed for 4-6 year olds and warns children of the dangers of pills and cleaning fluids. "Butt it Out" for 6-9 year olds, discusses the effects of smoking. The remaining four videos target 8-12 year olds; "Nothing to Sniff At" warning of the danger of certain household products, "Keep Off the Grass" about the effects of marijuana and peer pressure, "Never Listen to a Bottle" about short-term effects of alcohol, advertising, and drinking and driving and "Alcohol: The Inside Story" about alcohol as a drug, long-term effects and associated risks.*

Available From: Addiction Research Foundation
33 Russell Street
Toronto, Ontario M5S 2S1
Telephone: (416) 595-6059

Title: **Drug Education Resource Directory: Recommended Films and Videotapes**
Producer: **Addiction Research Foundation**
Date: **1989**

Description: *Describes 138 videotapes recommended for use at the primary, junior, intermediate and senior levels. Each entry identifies the subject, target, format, producer and distributor. The main themes of the entry and evaluation information are included.*

Available From: Addiction Research Foundation Library
33 Russell Street
Toronto, Ontario M5S 2S1
Telephone: (416) 595-6059

Title: **Drug Dialogue - A Home Video for Parents**
Producer: **Health and Welfare Canada**
Date: **1989**
Length: **20 minutes**
Target: **Parents**

Description: *Provides parents with information and suggestions about how to communicate with children about alcohol and other drugs. Suggested for use with* ***Ready or Not!*** *Parent Education Program of Health and Welfare Canada.*

Available From: Health and Welfare Canada or video outlets
Room 512, Brooke Claxton Building
Tunney's Pasture
Ottawa, ON K1A 0K0
Telephone: (613) 957-2991

Cost: $10.00

Title: **Drugs and You (video)**
Producer: **Addiction Research Foundation**
Date: **1989**
Target: **Senior High & Professional Training**

Description: *A scientist and pharmacologist provide facts about drugs and their effects and discuss options for controlling abuse. Recommended for educators and social work professionals entering the addictions field.*

Available From: Addiction Research Foundation
33 Russell Street
Toronto, Ontario M5S 2S1
Telephone: (416) 595-6059

Title: **Drugs, Your Child and You (video)**
Producer: **Knowledge Network**
Date: **1985**
Length: **2 films, 57 minutes each**
Target: **Parents**

Description: *Consists of 2 - 1 hour shows; the first examining myths and realities and the second has a panel responding to phone-in calls on the topic "What's a parent to do?".*

Available From: Alcohol and Drug Programs Library
Ministry of Labour and Consumer Services
5th Floor, 1019 Wharf Street
Victoria, B.C. V8V 1X4
Telephone: (604) 387-4783

Title: **Future Wave (video)**
Producer: **E.T.C. (Exploring Television with Children)**
Date: **1986**
Target: **Grades 7-10**

Description: *Shows a group of teenagers making a film about smoking. Scenes include a girl succumbing to peer pressure to smoke, interviews with people about why they started and why they quit or continued to smoke, and a series of scenes illustrating refusal skills. Produced in British Columbia.*

Available From: Alcohol-Drug Education Service
302 - 96 East Broadway
Vancouver, B.C. V5T 1V6
Telephone: (604) 874-3466

Title: **Get the Message (video)**
Producer: **Ergo Media**
Date: **1978**
Length: **18 minutes**
Target: **Grades 3-6**

Description: *A pre-teen host discusses the sources of messages about alcohol and drugs, including advertising, music, television programs, sports heroes, parents and older*

siblings. Other young people describe their feelings about the messages and drug use. Alternative activities are encouraged.

Available From: Alcohol-Drug Education Service
302 - 96 East Broadway
Vancouver, B.C. V5T 1V6
Telephone: (604) 874-3466

Title: **I Love Not Smoking! A Coloring Book for Non-Smoking Children (coloring book and coloring posters)**
Producer: **Dehr, R. and Bazar, R.; Namchi United Enterprises**
Date: **1982**
Target: **Kindergarten to Grade 3**

Description: *A coloring book and two color-in posters, available in English, French, Swahili, Cree and other languages, which follows two children who, from infancy to adulthood, enjoy the benefits of not smoking.*

Available From: Vancouver Health Department
1060 West 8th Avenue
Vancouver, B.C. V6H 1C4
Telephone: (604) 736-9844

Title: **The Mountain (video)**
Producer: **FMS Productions, Inc.**
Date: **1979**
Length: **26 minutes**
Target: **Community Groups**

Description: *A village at the foot of a mountain has experienced numerous problems because of the mountain. Some rash measures are taken to solve these problems which are ineffective and aggravate divisions within the community. Eventually, positive solutions are pursued. This allegory can be applied to a range of community issues, including substance abuse.*

Available From: Alcohol-Drug Education Service
302 - 96 East Broadway
Vancouver, B.C. V5T 1V6
Telephone: (604) 874-3466

Title: **Mr. Finley's Pharmacy (video)**
Producer: **Metro Pharmacists Association; Canadian Offensive on Drug Education (CODE)**
Date: **1989**
Length: **10 minutes**
Target: **Grades 2-4**

Description: *A video for children in grades 2-4 which emphasizes "medicine cabinet safety". Warns of dangers of incorrect drug use. Theme song reinforces a strong self-image.*

Available From: Local Police

Title: **Open Flame (video)**
Producer: **Canadian Offensive on Drug Education (CODE)**
Date: **1989**
Length: **26 minutes**
Target: **Grades 7, 8 & 9**

Description: *Produced, written and acted by a grade 13 class for younger teens. Presents a series of dramatizations by high school students about drug abuse issues.*

Available From: Local Police

Title: **Pregnancy on the Rocks (video)**
Producer: **Peter Glaws Productions**
Date: **1985**
Length: **28 minutes**

Description: *Research on fetal alcohol syndrome is presented by Dr. K. Asante. Mothers of FAS babies convey their experiences and effects of FAS on children from 6 months to 26 years are examined. The role of the father is discussed.*

Available From: Alcohol and Drug Programs Library
Ministry of Labour and Consumer Services
5th Floor, 1019 Wharf Street
Victoria, B.C. V8V 1X4
Telephone: (604) 387-4783

Title: **Prevention Network (periodical)**
Producer: **Alcohol-Drug Education Service, under funding from Health and Welfare Canada**
Target: **Community Groups**

Description: A B.C. periodical for community task-forces and others interested in prevention efforts in British Columbia.

Available From: Alcohol-Drug Education Service
#302 - 96 East Broadway
Vancouver, B.C. V5T 1V6
Telephone: (604) 874-3466

Title: **Prevention Pipeline: An Alcohol and Drug Awareness Service (periodical)**
Producer: **Office for Substance Abuse Prevention**

Description: *A bi-monthly communications service disseminated by the National Clearinghouse for Alcohol and Drug Information, which includes prevention news, research highlights and abstracts, new program resources and upcoming conferences and meetings.*

Available From: NCADI
Prevention Pipeline
P.O. Box 2345
Rockville, MD 20852
U.S.A.
Telephone: (301)443-6500

Title: **Ready for the Road (information kit)**
Producer: **Alcohol and Drug Concerns, Inc.**
Date: **1984**
Target: **Grades 9-12**

Description: *An information kit about drinking and driving including; 1) "Who Says?", a pamphlet about the effects of alcohol and other drugs on driving abilities; 2) "What's it to Me?", a booklet about the law, effects of losing driver's licence, insurance premiums and human suffering; 3) "A Friend for Life", a comic book about teenagers, drinking and driving; and 4) a 12 item quiz.*

Available From: Alcohol and Drug Concerns, Inc.
11 Progress Avenue, Suite 200
Scarborough, Ontario M1P 4S7
Telephone: (416) 293-3400

Title: **Really Me - For Parents: Action on Drug Abuse (booklet)**
Producer: **Health and Welfare Canada**
Date: **1987**
Target: **Grades 8-9**

Description: *Contains two booklets back-to-back, one for parents and one for youth aged 11-13 years. Parent side covers parental decisions, stages of teen development, drug use from a teen's perspective and things parents can do to help. The youth side covers decisions, thoughts and feelings about alcohol and other drug use and questions for teens to consider. Includes facts for all ages.*

Available From: Health and Welfare Canada, Publications Distribution Centre
Room 512, Brooke Claxton Building
Tunney's Pasture
Ottawa, ON K1A 0K0
Telephone: (613) 957-2991

Title: **Role Play: A practical guide for group leaders (booklet)**
Author: **Selman, J.**
Producer: **Alberta Alcohol and Drug Abuse Commission**
Year: **1986**
Target: **Educators, Group Leaders**

Description: *A booklet designed to help educators and group leaders use role play effectively. Discusses why role play can help, when to use it, basic steps to follow, leadership, and debriefing. Provides examples.*

Available From: Alberta Alcohol and Drug Abuse Commission
6th Floor, 10909 Jasper Avenue
Edmonton, Alberta T5J 3M9
Telephone: (403) 427-0116

Cost: $4.00

Title: **Scriptographic Booklets for Substance Abuse Education (pamphlets)**
Producer: **Scriptographic Communications**
Target: **Grades 9-12**

Description: *A series of pamphlets outlining facts about a range of topics related to alcohol and drug use, illustrated with line drawings. Topics include drinking and driving, stress management, women and alcohol, peer pressure, self-esteem, children of alcoholics, addiction, marijuana, cocaine, tobacco, alcohol and others.*

Available From: Scriptographic Communications
150 Consumers Road, Suite 404
Willowdale, ON M2J 1P9
Telephone: (416) 756-1590

OR

Alcohol-Drug Education Service
302 - 96 East Broadway
Vancouver, B.C. V5T 1V6
Telephone: (604) 874-3466

Title: **Smashed (periodical)**
Producer: **Transport Canada**
Date: **1987**
Target: **General Public**

Description: *A magazine providing facts about impaired driving. Outlines Canada's new laws on impaired driving, looks at the suffering and personal loss associated with impaired driving, and provides information abut blood alcohol concentration.*

Available From: Transport Canada Public Affairs
Suite 1020, Box 220, 800 Burrard Street
Vancouver, B.C. V6Z 2J8
Telephone: (604) 666-7593

Title: **Soft is the Heart of a Child (video)**
Producer: **Operation Cork**
Date: **1978**
Length: **26 minutes**
Target: **12 years and over**

Description: *Focuses on three children in an alcoholic family. A counsellor intervenes when problems arise at school. Realistically portrays the fright and confusion of the children in their home situation. Presents ways of addressing the problem.*

Available From: Alcohol and Drug Programs Library
Ministry of Labour and Consumer Services
5th Floor, 1019 Wharf Street
Victoria, B.C. V8V 1X4
Telephone: (604) 387-4783

Title: **Stand Up for Yourself: Peer Pressure and Drugs (video)**
Producer: **Churchill Films**
Date: **1987**
Length: **25 minutes**
Target: **Grades 5-8**

Description: *Opens on a scene where Nick is watching television when his older brother and a friend offer him some marijuana. Nick is later shown in a discussion group at school in which students recount experiences where they were offered alcohol or other drugs. They then practice resistance strategies through role play.*

Available From: Alcohol-Drug Education Service
302 - 96 East Broadway
Vancouver, B.C. V5T 1V6
Telephone: (604) 874-3466

Title: **Stay Real (booklet)**
Producer: **Health and Welfare Canada, Minister of Supply and Services Canada**
Date: **1983**
Target: **Parents/Adolescents**

Description: *A 24 page booklet consisting of two sections, one for parents and one for adolescents. Each section describes short and long-term risks, reasons for use, and factual information about effects on the body. It's goal is to enhance communication between parents and teens about this issue.*

Available From: Health and Welfare Canada
245 - 757 West Hastings

Vancouver, B.C. V6C 1A1
Telephone: (604) 666-2083

Title: **Straight Facts About Drugs and Drug Abuse (booklet)**
Producer: **Health and Welfare Canada, Minister of Supply and Services Canada**
Date: **1990**
Target: **General Public**

Description: *Describes what drugs are, types of drug abuse, reasons for drug abuse, and who is at risk. Includes seven charts on: cannabis, hallucinogens, narcotic analgesics, sedative-hypnotics, tranquillizers and stimulants. Each chart includes a description, origin and medical uses, short-term effects, long-term effects, tolerance and dependence and legal status.*

Available From: Health and Welfare Canada
245 - 757 West Hastings
Vancouver, B.C. V6C 1A1
Telephone: (604) 666-2083

Title: **Ten Steps to Help Your Child Say "No" (booklet)**
Producer: **Office for Substance Abuse Prevention, U.S. Department of Health and Human Services**
(DHHS Publication No. ADM82-1195)
Date: **1988**
Target: **Parents**

Description: *Outlines 10 steps for parents to follow to help their children resist drug use. Includes communication skills, values development, role-modelling, peer pressure, and alternative activities.*

Title: **The Choice is Yours (video)**
Producer: **Addiction Research Foundation**
Date: **1987**
Target: **Ages 13-15**
Length: **29 minutes**

Description: *Consists of five minute segments about alcohol, drugs and crime, cannabis, cocaine and crack, and inhalant abuse. Explores consequences of making wrong decisions about drugs and encourages positive choices. Produced in co-operation with the Ontario Chiefs of Police.*

Available From: Addiction Research Foundation
33 Russell Street
Toronto, Ontario M5S 2S1
Telephone: (416) 595-6059

Title: **The Journal (periodical)**
Producer: **Addiction Research Foundation**

Description: *A monthly news bulletin informing professionals about developments, issues of events of national and international significance in the alcohol and other drug fields.*

Available From: Addiction Research Foundation
33 Russell Street
Toronto, Ontario M5S 2S1
Telephone: (416) 595-6059

Title: **The National Drug Test (video)**
Producer: **Health and Welfare Canada**
Date: **1989**
Length: **26 minutes**
Target: **General Public**

Description: *Presents scenarios and poses questions designed to stimulate family discussion on substance misuse.*

Title: **The Honour of All (video)**
Producer: **Alkali Lake Indian Band**
Date: **1985**

Description: *Part 1 re-enacts the process of change that occurred from 1971 to 1985 among members of the Alkali Lake Indian Band; from 100% drunk to 95% sober. Part*

II describes the process of making the video through interviews with band members. Part 3 is an invitation to a round up at Alkali Lake.

Available From: Alcohol and Drug Programs Library
Ministry of Labour and Consumer Services
5th Floor, 1019 Wharf Street
Victoria, B.C. V8V 1X4
Telephone: (604) 387-4783

Title: **Tryline; A Community Action News Bulletin (periodical)**
Producer: **Alcohol and Drug Programs, Ministry of Labour and Consumer Services**

Description: *A forum for community-based prevention projects to share ideas and strategies.*

Available From: *Alcohol and Drug Programs*
5th Floor, 1019 Wharf Street
Victoria, B.C. V8V 1X4
Telephone: (604) 387-4783

Title: **Videocassette Catalogue**
Producer: **Alcohol and Drug Programs Library**
Date: **1990**

Description: *A catalogue of video resources available for loan to registered borrowers. Describes how to become a registered borrower (agencies, organizations, institutions are eligible). Contents categorized into alcoholism, drugs, seniors, women, natives, youth, employee assistance programs, stress, counselling and others.*

Available From: Alcohol and Drug Programs Library
Ministry of Labour and Consumer Services
5th Floor, 1019 Wharf Street
Victoria, B.C. V8V 1X4
Telephone: (604) 387-4783

Title: **We'll Go Our Own Way (video)**
Producer: **Alcohol and Drug Programs**
Date: **1987**

Length: **13 minutes**
Target: **Teens**

Description: *Developed for Drug Awareness Week, this 13 minute rock video consists of three teenagers describing their recovery from addiction and healthy lifestyle activities.*

Available From: Alcohol and Drug Programs Library
Ministry of Labour and Consumer Services
5th Floor, 1019 Wharf Street
Victoria, B.C. V8V 1X4
Telephone: (604) 387-4783

Title: **What is Fetal Alcohol Syndrome? (video)**
Producer: **Addiction Research Foundation**
Date: **1989**
Length: **25 minutes**
Target: **Ages 15 and up**

Description: *Explains the effects of alcohol on the fetus.*

Available From: Alcohol and Drug Programs Library
Ministry of Labour and Consumer Services
5th Floor, 1019 Wharf Street
Victoria, B.C. V8V 1X4
Telephone: (604) 387-4783

Title: **Women and Their Use of Mood-Altering Drugs: The Immigrant Experience (video)**
Producer: **Addiction Research Foundation**
Date: **1984**
Length: **16 minutes**
Target: **Immigrant Women**

Description: *Describes some of the stresses experienced by immigrant women adjusting to life in a new society. Describes tranquilizers and short and long-term effects of their use as a means of coping. Emphasizes importance of informed use of medical services.*

Available From: Addiction Research Foundation
33 Russell Street

Toronto, Ontario M5S 2S1
Telephone: (416) 595-6059

Title: **Youth and Drugs: What Parents Can Do to Create Drug Resistant Communities (booklet)**
Author: **Opheim, E.**
Producer: **Royal Canadian Mounted Police, Drug Enforcement Directorate**
Date: **1990**
Target: **Parents**

Description: *A booklet which explains how to organize a parent group and prevention activities. A range of parent groups are described and an extensive list of committee types and their responsibilities are included.*

The following is a partial list of organizations which have additional pamphlets, booklets, and other program resources:

Addiction Research Foundation
33 Russell Street
Toronto, ON M5S 2S1
Telephone: (416) 595-6059

Alberta Alcohol and Drug Abuse Commission
6th Floor, 10909 Jasper Avenue
Edmonton, AB T5J 3M9
Telephone: (403) 427-0116

Alcohol and Drug Concerns, Inc.
11 Progress Avenue, Suite 200
Scarborough, ON M1P 4S7
Telephone: (416) 293-3400

Alcohol-Drug Education Service
302 - 96 East Broadway
Vancouver, BC V5T 1V6
Telephone: (604) 874-3466

Canadian Cancer Society
565 West 10th Avenue
Vancouver, BC V5Z 4J4
Telephone: (604) 872-4400

Council on Drug Abuse
698 Weston Road, Suite 17
Toronto, ON M6N 3R3
Telephone: (416) 763-1491

Health and Welfare Canada, Publications Distribution Centre
Room 512, Brooke Claxton Building
Tunney's Pasture
Ottawa, ON K1A 0K0
Telephone: (613) 957-2991

The Lung Association of British Columbia
906 West Broadway
Vancouver, BC V5Z 1K7
Telephone: (604) 731-4961

National Clearinghouse for Alcohol and Drug Information
P.O. Box 2345
Rockville, MD 20852
U.S.A.
Telephone: (301) 443-6500

PRIDE
Parent Resources Institute for Parent Education
College of Pharmacy
University of Saskatchewan
Saskatoon, SK S7N 0W0

Saskatchewan Alcohol and Drug Abuse Commission
1942 Hamilton Street
Regina, SK S4P 3V7
Telephone: (306) 787-4085

Scriptographic Communications Ltd.
150 Consumers Road, Suite 404
Willowdale, ON M2J 1P9
Telephone: (416) 756-1590

TRY Program
c/o Minister of Labour & Consumer Services
5th Flr., 1019 Wharf Street
Victoria, BC V8V 1X4
Telephone: 1-800-663-1441

Wisconsin Clearinghouse on Drug and Alcohol Information
P.O. Box 1468
Madison, WI 53701
U.S.A.
Telephone: (608) 263-2797